

Concussion Awareness

Did you know that in 90% of concussions, the individual does not have a loss of consciousness?

There has been a lot of press surrounding concussions for all athletes: boys and girls, professional and amateur, youth and adults. Because of a growing awareness of concussions, more information is available to parents and players regarding the symptoms and signs of a possible concussion. Please do the following:

- Check for proper fit of helmets (boys).
- Ensure that mouth guards fit properly and are consistently worn.
- Recognize the symptoms and signs of a concussion in the event of a possible head trauma to a player.
- Remove the player from the field and do not put him/her back into play if you are not sure of their condition.
- Communicate with the coach regarding what happened and consider seeking medical advice for the player.

Weston Public Schools has posted some valuable information on their website about Concussions including [Concussion Fact Sheets for Parents and Athletes](#).

Here is the link for your review:

<http://www.westonschools.org/index.cfm?pid=13183>