

CONCUSSION INFORMATION

SIGNS OBSERVED

- Appears Dazed or Stunned
- Forgets an Instruction
- Moves Clumsily
- Answers Questions Slowly
- Loses Consciousness
- Mood, Behavior, or Personality Changes
- Memory Loss

WHAT IS IT?

A type of traumatic brain injury caused by forces to the head. This is typically from a hit to the head or body. This force and movement cause a chemical reaction in the brain.



SYMPTOMS REPORTED

- Headache
- Nausea or Vomiting
- Balance Problems or Dizziness
- Double or Blurry Vision
- Light or Noise Sensitivity
- Confusion, Concentration or Memory Problems

RED FLAGS (EMERGENCY)

Unequal Pupils
Loss of consciousness
Repeated vomiting
Slurred Speech
Weakness or Numbness
Decreased Coordination
Unusual Behavior or Agitation

WHAT TO DO

Red Flags

Call 911 or Take Player Directly to Emergency Room

No Red Flags

Remove from play and consult your athletic trainer and physician

<https://dashboard.healthyroster.com/scheduling/brscatclinic/self-scheduler>



CONCUSSION RETURN TO SOCCER PROGRESSION

00.

**Cleared by physician
Returned to school**

01.

**20 min. light cardio
at 6/10 difficulty
No resistance
training**



02.

**30 min. mild cardio
at 8/10 difficulty**

03.

**45-60 min.
soccer specific
training session**

04.

**Non-Contact training
session with team
No heading the ball**

05.

**Full contact training
session with team
No heading the ball**