

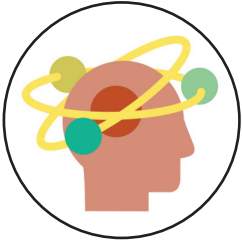
Concussions in Sports

Four Simple Rules: Recognize, Remove, Refuse, Refer

When it comes to concussions, parents and coaches need to remember the **4R's**:

Recognize

A concussion should be suspected if, after a direct or indirect blow to the head, an athlete:



- ✓ Loses consciousness (blacks out)
- ✓ Lies motionless on the ground/unusually slow to get up
- ✓ Has balance or motor coordination problems (e.g. stumbles, has slow/labored movements or unsteady gait)
- ✓ Is disoriented or confused (can't respond appropriately to questions, not aware of plays or events)
- ✓ Has memory problems
- ✓ Has a dazed, blank or vacant look on face
- ✓ Has visible facial injury along with one or more of other signs



Remove

If a concussion is suspected, the player **MUST** be removed immediately from the game or practice. In most places it's the law. Where it isn't, it should be.

Refuse

After an athlete is removed from play:



- ✓ Refuse to allow him or her to play under any circumstances, no matter the score of the game or that the athlete tells you they feel fine
- ✓ Take away essential piece of equipment (helmet, stick, glove, etc.) they need to play to prevent any possible return
- ✓ Watch for signs of more serious brain injury requiring immediate hospitalization

Refer

Any chance that the athlete has suffered a concussion should prompt parent/coach to remove athlete from play until medical provider with concussion expertise.



- ✓ No game is more important than child's health
- ✓ Youth athletes are not adults paid to play sports. It is up to adults to protect them from harm
- ✓ Coaches unwilling to follow or enforce these rules should NOT be coaching
- ✓ Parents should NEVER pressure coach or any child to put their health at risk by continuing to play with a possible concussion
- ✓ Parents should NEVER pressure doctor to clear their child to return to play before fully recovered

