**Success Unlimited Academy
Concussion Information

for Parents, Coaches, and Student-Athletes**

***What is a concussion?***
A concussion is a mild form of brain injury that can affect consciousness, cognitive ability, and overall function. Concussions are typically caused by a direct force to the skull but can also be caused by a whiplash-type motion. It is essential that concussions are recognized immediately, treated appropriately, and return-to-play is determined carefully in order to have the safest and best outcome for the student-athlete.

***How can I prevent a concussion?***
It is important to wear the proper equipment when competing in all sports, but especially contact sports such as football. This protective equipment includes a properly fitted helmet, shoulder pads, and a mouth guard. It is also important to execute proper hitting and tackling mechanics during a contact sport. Spearing and horse collar tackles are both high mechanisms for concussion type injuries and are not allowed in the game of football.

***What are the symptoms of a concussion?***
Headache
Loss of consciousness/orientation
Blurred Vision
Memory problems
Dizziness
Nausea
Drowsiness
Vomiting
Sleep disturbances
Sensitivity to light/noise
Concentration difficulties Poor balance/coordination
Fatigue
Ringing in the ears
“Slowed down” feeling
Vacant stare/glassy eyed
Irritability/Sadness
Personality changes

***What should I do if I think I have (or an athlete has) a concussion?***
Any student-athlete who has a suspected concussion must be removed from physical activity immediately and all concussion symptoms must be immediately reported to an athletic trainer or coach. Any student-athlete who is suspected of having a concussion must be evaluated by an athletic trainer or physician before returning to activity. If symptoms are severe or life-threatening, the situation must be treated as a medical emergency.