

^W / > K>z DW / ^
KE h^^/KE t Z E ^^

t, d / ^ KE h^^/KEM

}v μ••]}v]• OE]
μ• Ç μ u %o š } š

Concussions are also caused by:

- x Many head bumps over time
- x A blow to the body that makes the head move quickly back and forth

^h^W d KE h^^Kd KE Kd d

A participant suspected of having a concussion must be removed from sports practice and competition. If a qualified medical professional is on site, that person has final authority to decide if it is safe to return to play.

^/'E^ E ^zDWdKE^

- Forgetfulness
- Dazed or stunned
- Confusion
- Clumsiness
- Answers questions slowly
- Lost consciousness (even briefly)
- Mood, behavior or personality changes
- Headache or head “pressure”
- Nausea or vomiting
- Balance problems or dizziness
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Blurry vision
- “Not feeling right” or “feeling down”

tZ v]v }μ šU •]š šZ u }μšJ



SPECIAL OLYMPICS CONCUSSION AWARENESS

RETURN TO PLAY

A participant who has been removed from practice, play or competition due to a suspected concussion may not participate in Special Olympics sports activities until either of the following occurs:

(1) At least 7 days have passed since the participant was removed from play and a currently licensed, qualified medical professional provides written clearance for the participant to return to practice, play and competition.

OR

(2) A currently licensed, qualified medical professional determines that the participant did not suffer a concussion and provides written clearance for the participant to return to practice play immediately.

COACH TRAINING

Special Olympics coaches are required to complete concussion awareness training at least every 3 years.

Visit www.nfhslearn.com/courses/61151/concussion-in-sports OR www.cdc.gov/headsup/youthsports/training/ to complete the training.

Submit the certificate of completion to your Special Olympics Program.

MORE INFO

Find more information on concussions at: www.cdc.gov/concussion

Contact your Special Olympics Program for more information on the Special Olympics Concussion Awareness and Safety Recognition Policy.

When in doubt, sit them out!