



# Risk Management Services

## CONCUSSIONS IN YOUTH SPORTS

### What is a Concussion?

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

### Quick Facts of Youth Concussions

- Each year, U.S. Emergency Departments (EDs) treat an estimated 173,285 sports and recreation related TBIs, including concussions, among children and adolescents, from birth to 19 years old. Children and teens are more likely to get a concussion and take longer to recover than adults
- Children ages 0 to 4 years old, older adolescents ages 15 to 19 years old, and adults ages 65 years old and older are most likely to sustain a TBI
- Almost half a million (473,947) emergency department room visits for TBIs are made annually by children ages 0 to 14 years old
- During the last decade, ED visits for sports and recreation-related TBIs, including concussions, among children and adolescents, increased by 60%
- Overall, the activities associated with the greatest number of TBI-related ED visits included bicycling, football, playground activities, basketball, and soccer

### Signs and Symptoms of a Concussion

Symptoms of a concussion could be immediate or take days to appear after the initial injury. To help recognize a concussion, you should watch for the following two things among your athletes:

- A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head  
AND
- Any change in the athlete’s behavior, thinking, or physical functioning

See Center for Disease and Control for further Signs and Symptoms

[Concussion Signs and Symptoms for Coaches](#)

### What to do if you suspect a child has a concussion

- Remove the athlete immediately from the field of play and seek medical attention
- Do not judge the severity of the head trauma by yourself
- Do not allow athletes to return to sport or activity until cleared by a medical professional
- Rest is the key to allowing the athlete to get healthy

### What can your Sports or Athletic Association do for concussion prevention?

**Awareness:** Make all staff, volunteers, and parents aware of the potential concussions in youth sports and play

[CDC Youth Sports Awareness Plan](#)

**Training:** Have all employees, volunteers, and coaches who interact with youths during sporting events undergo the training in order to be prepared

[CDC Heads Up training course](#)

**Policy:** Developing and implementing a policy for reporting concussion injuries and for responding to concussions is a critical aspect in youth sports

[CDC Sample Policy](#)

### PHLY’s Risk Management Services Solutions

**References:** CDC Injury Prevention & Control: Traumatic Brain Injury

[CDC Concussions in Youth Sports](#)

[Poster for Youth Athletes](#)

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