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SIGNS AND SYMPTOMS

These signs and symptoms may indicate that a concussion has occurred.

SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events *prior* to hit or fall
- Can't recall events *after* hit or fall

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

ACTION PLAN

If you suspect that a player has a concussion, you should take the following steps:



- 2 Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
- Inform athlete's parents or guardians about the known or possible concussion and give them CDC's Fact Sheet for Parents on concussion.
- Allow athlete to return to play only with permission from an appropriate health care professional.

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.







For more information and to order additional materials free-of-charge, including CDC's Fact Sheet for Parents, visit: www.cdc.gov/Concussion.





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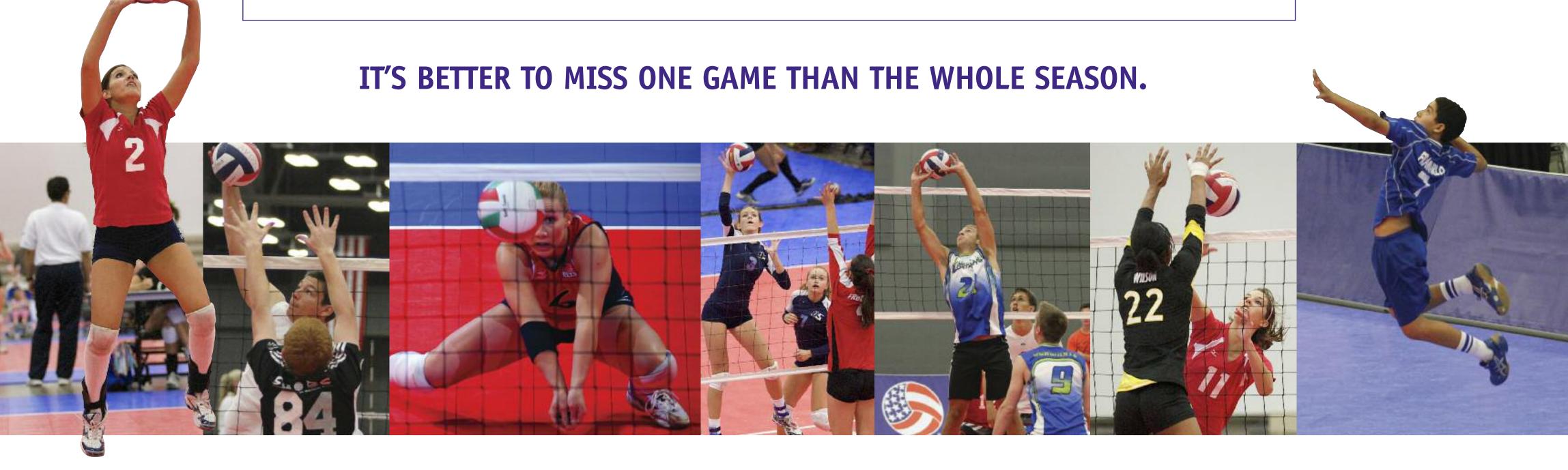
- Sensitivity to noise
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- Concentration or memory problems
- Confusion
- Does not "feel right"

ACTION PLAN

If you suspect that a player has a concussion, you should take the following steps:

- 1 Remove athlete from play.
- 2 Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
- Inform athlete's parents or guardians about the known or possible concussion and give them CDC's Fact Sheet for Parents on concussion.
- Allow athlete to return to play only with permission from an appropriate health care professional.







USA Volleyball.