



Concussion Handbook for Teens and Youth Athletes

1. Introduction

Welcome to the Concussion Handbook for Jensen Beach Athletics (JBA). This handbook is designed to inform and educate teens, parents, coaches, and guardians about the risks, symptoms, and proper management of concussions. Our goal is to promote a safe athletic environment by providing clear guidelines on how to identify, treat, and prevent concussions in youth sports.

2. Understanding Concussions

A concussion is a type of traumatic brain injury caused by a blow or jolt to the head or body.

Common causes in sports include falls, collisions, and direct impacts.

Symptoms of a Concussion

Physical Symptoms: headache, dizziness, nausea, balance issues.

Cognitive Symptoms: confusion, memory loss, difficulty concentrating.

Emotional Symptoms: irritability, sadness, mood swings.

3. Recognizing a Concussion

It's essential to recognize concussion symptoms early to prevent further injury. Coaches, parents, and teammates should be alert to signs like disorientation, vomiting, and impaired speech. If these symptoms are present, the athlete should immediately be removed from play and evaluated.

4. Protocols for Concussion Management

Once a concussion is suspected, the athlete should stop playing immediately.

Initial evaluation should be conducted by medical personnel if available.

Athletic trainers and coaches are advised to monitor the athlete closely and refer them for medical attention.

Athletes that are suspected to have experienced a concussion will not return to training until written clearance from a medical professional is provided to JBA.



5. Recovery and Return-to-Play Guidelines

Recovery involves both physical and mental rest.

Step-by-Step Return-to-Play

1. Rest and Limited Activity Phase: The athlete should rest and limit physical and cognitive activities.
2. Gradual Reintroduction: Once symptom-free, light aerobic activity can be introduced under supervision.
3. Full Clearance: The athlete should only return to play with medical clearance.

6. Long-Term Health and Safety

Returning to play too early can lead to serious complications. Concussions, if not managed properly, may result in long-term health issues. Regular follow-ups with medical providers are crucial.

7. Education and Awareness for Athletes and Parents

Communication between athletes, parents, and coaches is key to concussion safety. Athletes should feel empowered to report symptoms, and parents should be aware of recovery best practices.

8. Prevention Strategies

Preventive measures include using proper techniques and wearing protective gear.

Creating a safe sports culture is essential to reducing concussion risks.