DEAN COLLEGE ATHLETE CONCUSSION INFORMATION SHEET

DEFINITION
A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth.

CONCUSSION SIGNS AND SYMPTOMS
Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

- Headache
- Balance Problems
- Dizziness
- Feeling “in a fog”
- Confusion
- Slurred Speech
- Double Vision
- Nausea
- Loss of Memory
- Loss of Consciousness
- Loss of Coordination/Balance

What Should You Do If You Think You Have A Concussion?

1. **Don’t hide it. Report It!** Ignoring your symptoms often makes them worse. Notify your coach or teammate of possible concussion and seek medical attention from a Certified Athletic Trainer.

2. **Get Checked Out!** A certified athletic trainer is a licensed allied health care professional whom will be at all games and practices throughout the season for thorough evaluations of all athletic injuries including concussions.

CARE AND TREATMENT OF CONCUSSION
If an athlete has been diagnosed by the Certified Athletic Trainer and Team Physician as having a concussion his/her brain needs time to heal; rest is the key to helping an athlete recover from a concussion. During recovery, exercise and activities that involve concentration may cause symptoms to reappear or get worse. It is important to remember that returning to sports and school following a concussion is a gradual process and will be carefully managed and monitored by the Dean College Sports Medicine Staff and Team Physician.
IMPORTANT: Also, read and familiarize yourself with the Dean College Sports Medicine Concussion Management Protocol located on the athletics website.

By signing this form I attest to reading the online Dean College concussion management protocol and information sheet.

Print Name___________________ Sign___________________ Date__________

This sheet only needs be turned in during registration.