

Recognize the Signs and Symptoms of a Concussion

“When in doubt sit them out”

Safety comes first! All participants should take steps to minimize risks for concussion. A concussion is defined by the Centers for Disease Control (“CDC”) as a type of traumatic brain injury caused by a bump, blow, or jolt to the head as well as serial, cumulative hits to the head. Concussions can also occur from a blow to the body that causes the head and brain to move quickly back and forth-causing the brain to bounce around or twist within the skull.

- Can't recall events prior to or after a hit or fall.
- Appears dazed, stunned or confused.
- Forgets instruction.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.
- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion or memory problems.
- Just not “feeling right,” or “feeling down.”

Get more training on concussions at www.cdc.gov/concussion

Special Olympics
Arkansas



SOI Concussion Awareness and Safety Recognition

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COMMUNICATION

U.S. Programs are required to communicate in writing to all participants and/or parents/guardians, the concussion awareness and safety recognition program, as outlined in the Suspected or Confirmed Concussion and Return to Play sections of this policy. The CDC's website www.cdc.gov/concussion provides additional resources that may be of interest to participants and their families.

REQUIRED TRAINING

All Coaches are required to complete concussion awareness training, which is available at www.cdc.gov/concussion and submit the certificate of completion to their state Program. Any concussion awareness training other than the CDC's Heads Up training must be approved by SOI. For Coaches registering for the first time on or after January 1, 2015, confirmation of such training must be provided to the U.S. Program prior to the individual beginning volunteer duties. For Coaches registered prior to December 31, 2014, confirmation of such training must be provided to the U.S. Program no later than December 31, 2015. U.S. Programs must implement a system for tracking completion of the concussion awareness training by Coaches.

COACHES TRAINING REQUIREMENTS

Concussion awareness training must be completed by all Coaches at least once every three years.

PROCEDURE FOR SUSPECTED CONCUSSION

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 seven (7) consecutive 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. Written clearance in either of the scenarios above shall become a **permanent record**.