



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA OF CENTRAL FLORIDA CONCUSSION SAFETY

## for Parents and Athletes

## WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or some force to the head that affects how the brain functions.

## KEEPING ATHLETES SAFE

Concussions are not all the same and can be difficult to recognize. Signs and symptoms may take hours or several days to appear so, it's important to be aware of the symptoms athletes may experience. Talk to your coach immediately if you observe or experience any of these symptoms and seek care from a healthcare professional. The effects of a concussion can be short or long-term. Follow up with your physician during and after recovery to discuss the risks and benefits of continued participation in sports and to obtain written medical clearance to return to play.

### Be on the look out for these symptoms:

- *Headaches*
- *Nausea/vomiting*
- *Blurred vision*
- *Slurred speech*
- *Sluggishness*
- *Confusion or fogginess*
- *Dizziness or balance problems*
- *Sensitivity to light and/or noise*
- *Inability to concentrate*
- *Memory loss*
- *Behavior changes*

## SUPPORTING YOUR TEAMMATES

With the help of great coaches and mentors, the YMCA instills the positive values, teamwork and confidence athletes need to thrive. As a parent or athlete, please show that you care for your teammates by notifying your coach if you notice that a teammate seems to be unsure or confused, forgetful, dazed, less coordinated, loses consciousness or shows signs of any of the symptoms above. If a teammate is temporarily unable to participate due to injury, show your support and let them know they are still part of the team.

## TAKE TIME TO RECOVER

Symptoms can take a couple of weeks or several months to subside. Adjust their activity level and daily routine based on the advice of their healthcare professional. Returning to play too quickly may put athletes at risk for additional injury.

## RETURNING TO PLAY

YMCA rules require that coaches remove your child immediately if they suspect a concussion. A medical clearance is required to return to play. Forms should be faxed to the YMCA of Central Florida Association Support Office Attn: Compliance Office to 844.634.1379.