

# Buffalo Academy of Science Charter School



## Department of Interscholastic Athletics

### Concussion Management / Head Injury / Mild Traumatic Brain Injury

#### Signs and Symptoms of Concussions / Head Injury

Please review the following information on understanding concussions, their symptoms, prevention, and resources that can assist in guiding you through the process in the event a head injury occurs.

Concussion Defined	Symptoms	Prevention	Resources
<p>A concussion is a type of traumatic brain injury (TBI) which alters the functioning of the brain. A concussion can occur with any bump, blow, or jolt to the head or body that causes the brain to quickly move back and forth. Concussions can also occur as a result of a fall, motor vehicle accident, accident on a playground, during athletic participation, or during many other activities or forms of recreation. All concussions, no matter how seemingly minor are very serious and need to be evaluated by a health care professional.</p>	<ul style="list-style-type: none"> <li>➤ Headache or sustained pressure in the head</li> <li>➤ Nausea and / or vomiting</li> <li>➤ Dizziness and or problems with balance</li> <li>➤ Blurry vision or double vision</li> <li>➤ Sensitivity to light and / or noise</li> <li>➤ A consistent feeling of “fogginess”</li> <li>➤ Difficulty concentrating</li> <li>➤ Difficulty remembering</li> <li>➤ Loss of consciousness</li> <li>➤ Glazed look on the student</li> <li>➤ Student appearing dazed or out of sorts</li> </ul>	<p style="text-align: center;"><b>Below are ways to help reduce the risk of sustaining a concussion</b></p> <ul style="list-style-type: none"> <li>➤ Wear a seatbelt whenever traveling in a motor vehicle of any kind</li> <li>➤ Wear appropriate safety equipment when biking, skiing, snowboarding, or participating in other impact activities of any kind</li> <li>➤ Learn and follow the rules of the sport or activity you are participating in</li> <li>➤ Understand how to wear all safety or sports equipment properly before practicing or competing</li> </ul>	<p><a href="http://www.nysphsaa.org/safety/">http://www.nysphsaa.org/safety/</a></p> <p><a href="http://bianys.org/children.htm">http://bianys.org/children.htm</a></p> <p><a href="http://www.nysphsaa.org/safety/pdf/StudentParentConcussionInformation.pdf">http://www.nysphsaa.org/safety/pdf/StudentParentConcussionInformation.pdf</a></p>