Marin Academy Athletic Training
Concussion: Facts and Take-Home Instructions
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Facts
A concussion is an injury to the brain
All concussions are serious injuries
Concussion can occur without loss of consciousness or other obvious signs

Recognizing a Concussion
Signs and Symptoms (Observed by parents/coaches, or reported by the Student-Athlete)
- Loss Of Consciousness
- Amnesia (difficulty remembering events prior to or after the injury)
- Headache
- Ringing in Ears
- Vomiting/nausea
- Increase in Blood Pressure
- Dizziness
- Motor, Sensory, or Balance deficits
- Appears dazed or stunned
- Confused (forgets plays or position; is unsure of score, opponent or location)
- Sensitivity to light or noise
- Feeling sluggish or “in a fog”

Delayed (after the day of injury):
- Difficulty concentrating
- Symptoms increase/return while doing homework/reading/watching TV/
- Post-concussion symptoms begin to interfere with athlete’s daily activities

Signs and Symptoms which require emergent evaluation:
*indicates athlete should be emergently transported to nearest ED
- Deteriorating neurologic function
- Decreasing level of consciousness
- Decrease or irregularity in respirations
- Decrease or irregularity in pulse
- Unequal, dilated, or non-reactive pupils
- Any signs/symptoms of associated injuries, spine or skull fracture, or bleeding
- Mental Status Changes: lethargy, difficulty maintaining arousal, confusion, or agitation
- Seizure activity

Per CIF Bylaw 313: All concussions and head injuries MUST be evaluated by a physician trained in the evaluation and management of concussion, and receive written clearance before they can participate after injury.

At-Home:
- Complete rest is IMPERATIVE!! Avoid texting, watching TV/movies, reading/homework until physical symptoms have improved.
- **No medication** unless specifically instructed by a physician. Even then, Acetaminophen (Tylenol) is the only common over-the-counter medication that is recommended.
- **Please stay in communication with Athletic Trainer Aaron Gill (agill@ma.org)** regarding symptoms daily, as well as after your physician appointment.
  - An injury report and post-injury protocol will be given to you or e-mailed prior for your physician to review.
- **All post-injury ImPACT testing will be done with Aaron Gill, ATC, and score reports reviewed by Dr. Freitag.**
  - Initial post-injury tests will be done as soon as possible after the injury

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