

IMPACT FREE
Keeping Your Head in the Sport

Key Points and Discussion Tool

1. Traumatic Brain Injury (TBI) and Concussions are a local and national health concern. TBI education and public awareness are the keys to injury prevention and a safe, healthy recovery. Wearing a helmet is one way to help prevent a serious injury. Always wear a helmet.
2. A concussion is a traumatic brain injury and may affect each individual differently. Let someone know if you or a teammate may have sustained a head injury and get checked out.
3. Learn to recognize the signs and symptoms of a concussion. If a concussion is suspected, notify the group leader or coach and remove the individual from activity immediately.
4. Concussions can cause long-term or even life-threatening health problems. It is important to be evaluated by a healthcare provider as soon as possible after a TBI is suspected. Each person's recovery is unique, however rest and a recovery plan managed by your healthcare team will help you achieve the best outcome possible. The goal is to slowly and gradually return to regular activities like driving, work, school, and sports.
5. Familiarize yourself with concussion legislation in your community to support our students and athletes. All individuals diagnosed with or suspected of a concussion should be cleared by a medical provider before returning to play or full activity.
6. If living or working in the state of Colorado, review Senate Bill 11-040, The Jake Snakenberg Youth Concussion Act at:
<http://www.cde.state.co.us/HealthAndWellness/BrainInjury.htm>
The Colorado law requires annual concussion training for coaches and implements specific guidelines for the identification and management of concussions in youth aged 11-19 years; including removal from play when concussion is suspected and required medical clearance by an MD, NP, PA, or PsyD before the athlete may be returned to play.
7. Knowledge is the best defense against injury. Learn to protect yourself and others from a sustaining a TBI and how best to recover from the injury. Share this knowledge with others and support those who are recovering.

For Discussion

Students/Athletes:

- 1.** Imagine you are competing for the championship in your favorite sport. You hit your head but the coach does not notice. You question whether you may have sustained a concussion. What would you do? Why? There are no wrong answers.
- 2.** If you were diagnosed with a concussion and struggling with post-concussion symptoms how would you like to be treated by your classmates, coach, teacher, parent or friend? Explain your answer. Before discussing, review the symptoms of a concussion and the possible health complications related to a concussion.
- 3.** Besides wearing a helmet and protective gear, what can you do to prevent a concussion and keep yourself and others IMPACT FREE?

Coaches/Parents/Teachers:

- 1.** Discuss the Jake Snakenberg Youth Concussion Act. How does it assist in the management and recovery process for youth concussions? How might it influence your involvement with youth and sports in Colorado?
- 2.** What are the common symptoms of a concussion? What are some of the long-term complications of a concussion? What is second impact syndrome?
- 3.** What changes might you like to see in your community related to concussion management for students or athletes? After watching this video, what changes will you make to keep yourself and others IMPACT FREE?