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## Concussion Information Sheet - APOYO Soccer League

### What is a Concussion?

A concussion is a disturbance in brain function caused by direct or indirect force to the head. It results in a variety of non-specific signs/symptoms and most often does not involve loss of consciousness. A concussion should be suspected in the presence of any one or more symptoms.

### Signs & Symptoms to Recognize

- |  |                               |
|--|-------------------------------|
| + Drowsiness or inability to be awakened       | + Worsening Headache          |
| + Inability to recognize people or places      | + Repeated vomiting           |
| + Unusual behavior or confusion or irritable   | + Slurred speech              |
| + Seizures (arms and legs jerk uncontrollably) | + Unsteadiness on their feet  |
| + Weaknesses or numbness in arms or legs       | + Unsteadiness on their hands |

Symptoms of a concussion typically appear soon after the injury. However, the severity of the injury may not be immediately apparent, and some symptoms might be delayed until hours or even days later.

### Sideline Assessment

- Loss of consciousness, headache, physical signs of impairment, and abnormal behavior would warrant removal of participant from game and initiation of concussion protocol.
- Any athlete with a suspected concussion should be removed from play, be assessed by a trained healthcare provider and be administered a Sport Concussion Assessment Tool (SCAT) or similar exam.
- Participation will be permitted only after 24 hours from suspicion of concussion has passed and a medical professional has determined it appropriate based on the Sports Concussion Assessment Tool (SCAT).

**Any athlete suspected of having a concussion should be removed from playing and seek medical evaluation.**

**More information about concussion can be found at:**

**<https://www.mayoclinic.org/diseases-conditions/concussion/symptoms-causes/syc-20355594>**