A concussion is a brain injury. Take it seriously!

“It’s better to miss one game than the entire season.”

Quick Facts:
- Most concussions do NOT involve loss of consciousness.
- You can sustain a concussion even if you do NOT hit your head.
- A blow elsewhere on the body can transmit an “impulsive” force to the brain and cause a concussion.
- Concussions typically do NOT show up on neuroimaging such as MRI or CAT scan.

If you have any of these symptoms go to the doctor
Do not ignore these symptoms
- Confusion
- Dizziness or balance problems
- Headache
- Sensitive to light or noise
- Double or fuzzy vision
- Nausea or vomiting
- Feeling sluggish, hazy, groggy
- Difficulty paying attention & remembering

Concussion can affect academic performance
- Student-athletes may have difficulty functioning in the classroom, learning new material, completing homework and studying for tests.
- Be aware that driving may be impaired during recovery from concussion.

Returning to normal activities too soon can prolong recovery

Graduated Return-To-Play Exercise Protocol:

Step 1: **No activity**, complete physical and cognitive rest. The objective of this step is **recovery**.

Step 2: Light aerobic exercise (walking, swimming, stationary cycling) keep intensity under 70% of maximum heart rate. **No resistance training**. The objective of this step is **increased heart rate**.

Step 3: Sport-specific exercise including skating, drills; **no head impact activities**. Non-contact training drills involving progression to more complex training drills; may initiate progressive resistance training. The objective of this step is to **add movement**.

Step 4: Following medical clearance, participation in normal training activities. The objective of this step is to **restore confidence and assess functional skills by the coaching staff**.

Step 5: Return to play involving normal exertion or activity.