



Concussion Announcement for Bridgewater Sports Complex

PUBLIC ANNOUNCEMENT

Bridgewater Sports Complex Inc. operates an indoor facility where sports are played by teams who pay to play. It does not sponsor, manage, coach, supervise or take responsibility for any teams or players. Its sole function is to provide and maintain the facility that is suitable and satisfies all the safety codes. Out of concern, for players and coaches it is publishing the following announcement.

What is a concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain. Concussions are serious. Medical providers may describe a concussion as a “mild” brain injury because concussions are usually not life-threatening. Even so, the effects of a concussion can be serious.

Concussion signs observed:

- Can't recall events *prior to* or *after* a hit or fall
- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (*even briefly*)
- Shows mood, behavior, or personality changes

Concussion symptoms reported:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not “feeling right,” or “feeling down”

What do I do if I suspect an athlete has suffered a concussion?

Follow the HEAD’S UP Action Plan:

1 - Remove from play: When in doubt, sit them out!

2 – Seek medical attention: Keep a young athlete with a possible concussion out of play the same day of the injury and until cleared by a health care provider. Do not try to judge the severity of the injury yourself. Only a health care provider should assess a young athlete for a possible concussion. After you remove a young athlete with a possible concussion from practice or play, the decision about return to practice or play is a medical decision that should be made by a health care provider.

3 - Inform the young athlete’s parent(s) about the possible concussion, and give them the HEADS UP fact sheet for parents. This fact sheet can help parents watch the young athlete for concussion signs or symptoms that may show up or get worse once the young athlete is at home or returns to school.

4 – Get written concussion care instructions: Ask for written instructions from the young athlete’s health care provider on return to play. These instructions should include information about when they can return to play and what steps you should take to help them safely return to play.

Before returning to play an athlete should:

- Be back to doing their regular school activities
- Not have any symptoms from the injury when doing normal activities
- Have the green-light from their health care provider to begin the return to play process