

CONCUSSION FACT SHEET

For Parents & Coaches | Grapevine Baseball & Softball

WHEN IN DOUBT, SIT THEM OUT.

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or body that causes rapid movement of the brain.

A concussion can affect how an athlete thinks, feels, moves, and performs. It can happen from a collision, fall, contact with equipment, or any impact that causes the head and brain to move quickly.

Even a “ding” or “getting your bell rung” should be taken seriously.

SIGNS & SYMPTOMS

ATHLETE REPORTS

- Headache or pressure in head
- Nausea or vomiting
- Balance problems or dizziness
- Blurry or double vision
- Sensitivity to light or noise
- Feeling sluggish, foggy, or confused
- Trouble concentrating or remembering
- Feeling “not right”

COACHES OBSERVE

- Appears dazed or stunned
- Confused about assignment or position
- Forgets instructions
- Moves clumsily
- Answers questions slowly
- Changes in mood, behavior, or personality
- Cannot remember events before or after injury
- Loss of consciousness (even briefly)

COACH ACTION PLAN

- **REMOVE THE ATHLETE FROM PLAY**
 - If a concussion is suspected, immediately remove the athlete from practice or competition.
- **GET THE ATHLETE EVALUATED**
 - Do not determine the severity of the injury yourself. A qualified healthcare professional should evaluate the athlete.
- **NOTIFY PARENTS/GUARDIANS**
 - Inform the athlete’s parent or guardian about the suspected concussion and provide next steps.
- **KEEP THE ATHLETE OUT OF PLAY**
 - The athlete should not return until symptom-free and cleared by an appropriate healthcare professional.

EMERGENCY WARNING SIGNS

Call 9-1-1 or seek emergency medical care immediately if an athlete experiences:

- One pupil larger than the other
- Increasing drowsiness or cannot be awakened
- Worsening headache
- Weakness, numbness, or decreased coordination
- Repeated vomiting
- Slurred speech
- Seizures
- Increasing confusion, agitation, or unusual behavior
- Loss of consciousness

RETURN TO PLAY

Returning to sports is a medical decision.

Athletes must:

- ☐ Be symptom-free
- ☐ Be evaluated by a healthcare professional
- ☐ Receive clearance before returning to practice or competition

All concussions are serious. Young athletes may take longer to recover, and playing through a concussion can increase the risk of additional injury.

HELP PREVENT CONCUSSIONS

Encourage athletes to:

- Follow safety rules
- Practice good sportsmanship
- Wear properly fitted protective equipment
- Report symptoms honestly
- Put safety first



This fact sheet is provided for educational purposes only and does not replace evaluation or advice from a qualified healthcare professional.