

CONCUSSION PROTOCOL

A concussion is a change in brain function caused by a bump to the head. It may or may not include loss of consciousness. If, after any type of head trauma, you notice any of the following signs remove the swimmer from the water and get medical help.

- loses consciousness even for a very short time
- appears dazed or stunned
- is confused about what he or she is doing
- moves in a clumsy manner
- answers questions slowly
- doesn't remember the day, where he/she is or what event he/she has swum

If the athlete reports any of the following - get help.

- headache
- nausea
- fuzzy or double vision
- problems with balance
- dizziness
- feeling tired-wants to sleep
- memory problems

After a suspected concussion ask the following questions

1. What month is this?
2. What day is it?
3. Where are we (name of city)

Repeat the following three words:

table, fox, blue

Ask questions about what happened

1. What happened just before you hit your head?
2. Do you remember the hit?
3. What happened afterward?

Ask the athlete to do the following:

Repeat these numbers backwards: 7, 2, 5, 6, 3

Starting with today, repeat the days of the week backward

Repeat the three words from earlier.

table, fox, blue

Any failure should be considered abnormal and should be cleared by a doctor before resuming activities.