



POSSIBLE CONCUSSION AT THE POOL

1. SIGNS AND SYMPTOMS

- Nausea
- Vomiting
- Headache
- Dizziness
- Blurry Vision
- Balance Problem
- Amnesia
- Loss of Consciousness

2. NEEDS IMMEDIATE MEDICAL ATTENTION

- Unconscious: Not waking up
Not able to talk
- Seizure
- Was awake, now is not
- Slow to talk
- Confused
- Not breathing well



WATCH FOR AIRWAY PROBLEMS
IMMOBILIZE NECK

3. DO YOU SEND FOR MEDICAL EVALUATION? YES IF:

- Person was "knocked out"
- They don't know their name
- They have vomited
- They feel like they might throw up
- They have a severe headache
- They can't walk straight
- They just want to take a nap and its 10 am
- They don't remember if they did warm ups or not and its midway through the session
- They don't remember the name of their school
- They don't remember their name
- They don't remember what team they are on
- They have trouble with their vision- hold up 3 fingers and ask the person how many they see

4. QUESTIONS TO ASK

- Ask about their headache- is it an “owie” in one place (normal) OR does their head hurt all over, worst headache of their life
- Ask if the sun or bright light bothers them
- Ask if they feel like they might throw up.
- They should want to eat (unless they just ate)
- They should walk normally
- They should answer questions clearly and fast

5. RE-EVALUATION

If the swimmer or injured person stays at the pool:

- Have the coach report back to you on the swimmer’s condition
 - Hourly for a few hours
- If the person is an adult or driving teenager- find out who else may be with them:
 - Be sure another reliable adult can assist and observe
 - The injured person should not drive
 - Have them check back with you hourly

OR

- You check back on the injured person hourly

People with a concussion may not be able to make the best decision regarding their own healthcare. Their judgement may not be the best. Concussion symptoms can be subtle, variable, and may not show up until hours after the initial injury.

The Meet Ref or Swim Coach should require the athlete with a possible concussion/head injury be evaluated by a healthcare provider who is experienced in treating concussions, prior to returning to competition or practice. If there is any suspicion of head injury with or without the listed symptoms, the athlete should be referred for follow up with a healthcare provider (experienced in treating concussions). State Law may require this evaluation as well.

The athlete must also present a release to return to swimming competition or practice that has been signed by the healthcare provider.

WE ONLY HAVE ONE BRAIN. TREAT IT WELL