

HEADS UP CONCUSSION ACTION PLAN



IF YOU SUSPECT THAT A BOXER HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

1. Remove the boxer from training and competition
2. Ensure that the boxer is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the boxer's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the boxer out of training and competition the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

ALL CONCUSSION ARE SERIOUS.

IF YOU THINK YOU HAVE A CONCUSSION:

- ✓ **DON'T HIDE IT.**
- ✓ **REPORT IT.**
- ✓ **TAKE TIME TO RECOVER.**

CONCUSSION SIGNS AND SYMPTOMS

Boxers who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

SYMPTOMS REPORTED BY BOXER

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

SIGNS OBSERVED BY COACHING STAFF & OFFICIALS

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



TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION