

HEADS+UP CONCUSSION IN VOLLEYBALL

SIGNS AND SYMPTOMS

These signs and symptoms may indicate that a concussion has occurred.

SIGNS OBSERVED BY COACHING STAFF

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

SYMPTOMS REPORTED BY ATHLETE

- 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
- Does not "feel right"

ACTION PLAN

If you suspect that a player has a concussion, you should take the following steps:

- 1** Remove athlete from play.
- 2** Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
- 3** Inform athlete's parents or guardians about the known or possible concussion and give them CDC's Fact Sheet for Parents on concussion.
- 4** Allow athlete to return to play only with permission from an appropriate health care professional.

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

A part of CDC's Heads Up series.



For more information and to order additional materials free-of-charge, including CDC's Fact Sheet for Parents, visit: www.cdc.gov/Concussion.

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USA Volleyball.