



Pinckneyville Park
4758 S Old Peachtree Rd
info@pbchockey.com
www.pbcsports.com

The Georgia Legislature passed a new law, effective January 1, 2014, regarding concussions in youth athletics.

(1) If a youth athlete participating in a youth athletic activity exhibits symptoms of having a concussion, that athlete shall be removed from the game, competition, tryout, or practice and be evaluated by a health care provider

(2) If a youth athlete is deemed by a health care provider to have sustained a concussion, the coach or other designated personnel shall not permit the youth athlete to return to play until the youth athlete receives clearance from a health care provider for a full or graduated return to play.

(3) Key definitions:

[Licensed health care provider] means a physician or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management.

[Public Recreation Facility] means a public facility that conducts an organized youth athletic activity in which a participation fee and registration are required.

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a [ding,] [getting your bell rung,] or what seems to be a mild bump or blow to the head can be serious.

What parents/guardians should do if they think their child has a concussion?

1. OBEY THE NEW LAW.

- Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
- Seek medical attention right away.

2. Teach your child that it's not smart to play with a concussion.

3. Tell all of your child's coaches, their athletic trainer, and the student's school nurse about ANY concussion.

What are the signs and symptoms of a concussion?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

IT'S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON. Signs Reported by PLAYERS:

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

PARENTS: How can you help your child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion and other injuries:

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

Signs Observed by Parents or Guardians:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, 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

I have received the information provided on the concussion fact sheet titled, [HEADS UP: Concussion in Sports.]