

Concussion Factsheet

A Reference for Tulane Intramural Sport Athletes

WHAT IS A CONCUSSION?

A concussion is a brain injury caused by a blow to the head or body from contact with another player, hitting a hard surface, or being hit by a piece of equipment. It can change the way your brain normally functions. It presents itself differently for each athlete and can occur in any sport. Concussions can range from mild to severe and can happen even if you do not lose consciousness.



What should I do if I think I have a concussion?

1

REPORT

Tell the IM Sports Supervisor on duty. Never ignore a blow to the head. Do not return to the game, practice, or other activity with symptoms.

2

REVIEW

Get evaluated by a health care professional. The sooner it's checked out, the sooner you may be able to return to play.

3

RECOVER

Give your brain the time it needs to heal. Follow the appropriate return-to-play protocol developed by a health care professional.

How to Prevent a Concussion

- Do not initiate contact with your head or helmet
- Avoid striking an opponent in the head
- Follow Campus Rec's rules for safety and the rules of the sport
- Practice good sportsmanship at all times
- Practice and perfect the skills of the sport



Symptoms of a Concussion

- Amnesia
- Confusion
- Headache
- Loss of consciousness
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Nausea or vomiting
- Feeling sluggish, foggy, or groggy
- Concentration or memory problems
- Slowed reaction time
- Not "feeling right"