



CLOSED HEAD INJURIES/CONCUSSIONS IN SPORTS

GRADES OF CONCUSSION

<u>GRADE</u>	<u>SIGNS AND SYMPTOMS</u>
Bellringer	Head-trauma-induced alteration in mental status that <u>does not</u> last longer than 15 minutes and <u>does not</u> involve loss of consciousness or amnesia.
Grade 1 Concussion	Head-trauma-induced alteration in mental status and/or post-traumatic amnesia that last from <u>15-30 minutes</u> and <u>does not</u> involve loss of consciousness.
Grade 2 Concussion	Head-trauma-induced alteration in mental status and/or post-traumatic amnesia that lasts <u>longer than 30 minutes</u> , but less than 24 hours and <u>does not</u> involve loss of consciousness.
Grade 3 Concussion	Head-trauma-induced alteration in mental status that results in loss of consciousness, either brief (seconds) or prolonged (antegrade or retrograde amnesia). Symptoms last longer than 24 hours.

COMMON SIGNS AND SYMPTOMS

Persistent Headache	Slurred Speech	Excessive Drowsiness
Difficulty Breathing	Irritability	Lightheadedness
Nausea or Vomiting	Amnesia	Loss of Consciousness
Tinnitus, Ringing in Ears	Visual Disturbances	Vacant Stare
Disorientation	Poor Coordination	Sleep Disturbances
Convulsions	Unequal Pupils	Memory Dysfunction
Confusion/Inability to Focus Attention	Difficulty Concentrating -Excessive Drowsiness	Emotions out of Proportion with Circumstances
Delayed Verbal or Motor Responses		

RETURN TO PLAY GUIDELINES

<u>GRADE</u>	<u>GUIDELINES</u>
Bellringer	1 st : Return to play if asymptomatic after 15 minutes Multiple: Return to play in 1 week if asymptomatic
Grade 1 Concussion	1 st : Return to play if asymptomatic for 1 week and MD clearance 2 nd : Return to play in 2 weeks if asymptomatic for 1 week & MD clearance 3 rd : Terminate season (no play for 3 months)
Grade 2 Concussion	1 st : Return to play if asymptomatic for 1 week and MD clearance 2 nd : Return to play if asymptomatic for 1 month and MD clearance 3 rd : Terminate season (no play for 1 year)
Grade 3 Concussion	1 st : Return to play if asymptomatic in 1 month and MD clearance 2 nd : Terminate season (No play for 1 year) 3 rd : Terminate season (No more contact sports)

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Certified Trainer