

FOR COACHES/ATHLETIC TRAINERS

Your athlete has a concussion, NOW WHAT?

**PLEASE SEND THIS CHECKLIST AND MATERIALS
WITH YOUR ATHLETE TO THEIR APPOINTMENT.**

- ☐ SCAT5 Immediate/On-Field assessment
- ☐ Completed symptom checklist
- ☐ Copy of ImPACT testing if available

FOR PARENTS/CAREGIVERS

Your athlete has a concussion, NOW WHAT?

Your child sustained a head injury and should be closely monitored for the next 24-48 hours. Call to schedule an appointment with the Cottage Concussion Clinic at **805-696-7909** or your health care provider.

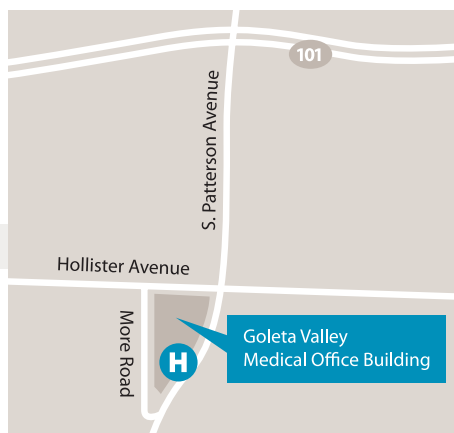
After a head injury/concussion, your child should rest for the next 24-48 hours.

In addition, they:

- cannot go back to play for the rest of the day
- cannot go back to sports or PE until you receive written clearance from a medical provider
- should refrain from watching TV, playing on your cellphone, computer or tablet and avoid reading or video games if those activities makes symptoms worse
- should not go back to school until symptoms have started to improve

There is NO same day return to play for a youth with a suspected concussion.

To schedule an appointment at the Cottage Concussion Clinic please call **805-696-7909** or visit **Cottagehealth.org/concussion-clinic**



Located at Grotenhuis
Pediatric Clinics
5333 Hollister Ave, Suite 250
Goleta, CA 93111

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. **Call 911**

and go to the Emergency

Department right away if after a bump, blow, or jolt to the head or body, s/he exhibits any of the following danger signs:

One pupil larger than the other

Drowsy or cannot be awakened

A headache that gets worse

Weakness, numbness, or decreased coordination

Repeated vomiting or nausea

Slurred speech

Convulsions or seizures

Cannot recognize people or places

Becomes increasingly confused, restless, or agitated

Has unusual behavior

Loses consciousness (even a brief loss of consciousness should be taken seriously)





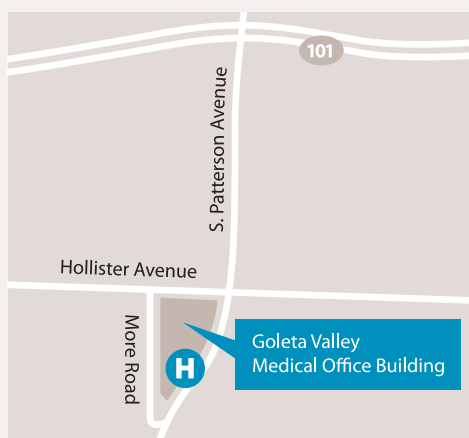
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CONCUSSION CLINIC OUR TEAM IS HERE TO SUPPORT YOURS.

Cottage Concussion Clinic is a Tri-County program that provides care for children and youth participating in contact sports. As our region's referral center and safety-net provider, we provide specialty pediatric concussion management throughout the Tri-Counties.

CONCUSSION CLINIC TEAM:

Stephen Kaminski, MD
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In September of 2016, Assembly Bill 2007 applied these provisions to all athletes participating in youth sports organizations.

EDUCATION CODE 49475:

- An athlete who is suspected of sustaining a concussion or head injury in an athletic activity shall be immediately removed from the athletic activity for the remainder of the day, and shall not be permitted to return to the athletic activity until he or she is evaluated by a licensed health care provider.
- The athlete shall not be permitted to return to the athletic activity until he or she receives written clearance to return to the athletic activity from a licensed health care provider.
- If the licensed health care provider determines that the athlete sustained a concussion, the athlete shall also complete a graduated return-to-play protocol of no less than seven days.

For a description of these bills, please visit
Cottagehealth.org/concussion-clinic

CALL 911 AND SEEK IMMEDIATE MEDICAL ATTENTION if after a bump, blow or jolt to the head or body, an athlete exhibits any of the following danger signs:

- Loss of consciousness
 - *Did the athlete pass out or get knocked out?*
- Severe headache
- Decreased level of consciousness
 - *Can't recognize people or places, looks very drowsy or cannot be awakened*
- Seizure - *Uncontrolled jerking of arms or legs*
- Neck pain with loss of movement
- Weakness in arms or legs
- Lack of balance or unsteadiness on feet
- Increased confusion or irritability
- Slurred speech
- Repeated vomiting
- One pupil larger than the other
- Drainage of blood or fluid from ears or nose
- Changes in vision
- Loss of bowel or bladder control
- Unusual or concerning behavior

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CONCUSSION CLINIC WHAT YOU NEED TO KNOW

What should you do if you think you or someone else has a concussion?

1. Do not try to judge the severity of the injury yourself. Remove the athlete from play and seek medical attention.
2. Encourage them to rest. Rest is critical to helping an athlete recover. Exercise or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games may cause concussion symptoms to reappear or worsen. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Keep the athlete out of play until a health care professional, experienced in evaluating for concussion, says she or he can return to play.
4. There is no same day return to play.

**“When in doubt, sit it out.”
DID YOU KNOW?**

- Most concussions happen without being knocked out or losing consciousness.
- Athletes with a history of concussions are at an increased risk for another concussion.
- Young children and teens are at higher risk for concussion and take longer to recover than adults.

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body, a fall, or another injury that jars the brain.

SYMPTOMS OBSERVED BY PARENTS/COACHES

- Appears dazed or stunned
- Is confused about assignment or position
- Repetitive questioning
- Can't recall events prior/after hit or fall
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Shows mood, behavior, or personality changes

SYMPTOMS REPORTED BY ATHLETE

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

Our clinic welcomes athletes from Santa Barbara, Ventura and San Luis Obispo counties.
If you suspect your athlete has a concussion, please call the Cottage Concussion Clinic at **805-696-7909**.
For any after-hours emergency, please call **9-1-1** or visit the closest emergency room.

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