



## RECOGNIZE

- A concussion is a brain injury caused by a hit to the head or body.
- The brain moves quickly back and forth, hitting the skull.
- This causes a chemical change and sometimes the stretching and damaging of brain cells.

## RESPOND / REFER

- If you see signs or the athlete complains of symptoms, remove them immediately from play.
- Inform the coach and parent of a suspected concussion.
- Refer to a medical professional with a background in concussion management.



## RECOVERY

- Rest is the most important part of recovery.
- The athlete should not return to physical activity until given medical clearance.
- Discuss academic concerns with teachers.

### Barrow Concussion and Brain Injury Center

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