



sportable

HEAD INJURIES

A head injury occurs when there is a direct blow to the athlete's head, face, or neck, or elsewhere in the body that causes a "whiplashing" motion to the head. If a head injury were to occur during practice or a game:

1

Remove the athlete from play

2

Keep the athlete out of play the day the injury occurred

3

Require documentation or permission from the appropriate healthcare provider to return an athlete to play

Symptoms to be aware of following a head injury:

- **Difficulty thinking, headache or "pressure" in the head, nauseas and/or vomiting, feeling sluggish, drowsy, sensitivity to light or noise, blurry or double vision**

Call 911 immediately if the athlete has repeated vomiting, loss of consciousness, difficulty breathing, slurred speech, or seizures

Proper helmet fitting, if applicable

Try it on

A helmet should feel snug all the way around the head, without being too tight

Shake Test

With the helmet on, have the athlete shake their head to see if the helmet moves on its own

Adjust

The chin strap should feel snug against the chin, allowing the helmet to move only slightly when opening the mouth