



CONCUSSION FACT SHEET FOR SAILORS

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. A sailor should receive immediate medical attention if after a bump, blow, or jolt to the head or body he/she exhibits any of the following danger signs:

- One pupil larger than the other
- Is 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)

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a sailor reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, he/she should be kept out of athletic play the day of the injury. The sailor should only return on the water with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on a computer, or playing video games) may cause concussion symptoms to reappear or get worse. Sailors who return to regatta participation after a concussion may need to spend fewer hours at the event, take rest breaks, be given extra help or time, spend less time reading, writing, or on a computer. After a concussion, returning to sports is a gradual process that should be monitored by a health care professional. Remember: concussion affects people differently. While most sailors with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer. To learn more, go to www.cdc.gov/concussion.

CONCUSSION AWARENESS EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

By name & signature below, I acknowledge that I have received the Concussion Fact Sheet For Sailors provided by the Hawaii Youth Sailing Association.

Youth Sailor's Name

Youth Sailor's Signature

Date

Print Parent/Guardian Name

Parent/Guardian Signature

Date