Concussion Safety Fact Sheet

**Important**: This sheet has been provided to you by University Recreation & Wellness for information purposes only and should not be considered a replacement for a medical examination or diagnosis.


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**What is a concussion?**

A concussion is a type of traumatic brain injury that:
- Is caused by a bump, blow, or jolt to the head or body.
- Can lead to a change in brain function.
- Is not typically accompanied by loss of consciousness.
- Can occur during practices or games in any sport or recreational activity.

**If a concussion is left unmanaged or is not reported, what can happen?**

- If an athlete is still symptomatic from a previous concussion and continues to play, they are more likely to suffer another concussion and increase their chance of sustaining other injuries.
- In rare cases, repeat head trauma can lead to brain swelling, permanent brain damage, cognitive/emotional difficulties later in life and even death.
- Athletes with concussion have reduced concentration and reaction time.
- Athletes who delay reporting concussion take longer to recover fully.

**What are the symptoms of a concussion?**

No two concussions are the same. Some symptoms of a concussion appear right away, but new symptoms can appear hours or days after the initial impact.

Concussion symptoms include:
- Headache or head pressure
- Nausea
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, or foggy
- Confusion, concentration or memory problems

**What should I do if I think I have a concussion?**

- **Speak up.** If you have any of the above symptoms you should stop playing and not participate in sport again until you have been evaluated by a medical professional. If you suspect a teammate is suffering from a concussion encourage them to report their symptoms to a medical professional.
- **Take time to recover.** Follow your physician and athletic trainers directions during concussion recovery and once recovered from a concussion, talk with your physician about the risks and benefits of continuing to participate in your sport.

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**RecWell Concussion Management**

- In the event a participant has a suspected head injury the RecWell Concussion Protocol will be initiated.
- When concussion signs and symptoms are reported or observed, RecWell staff have the authority to remove someone from play.
- Once removed from play for having signs/symptoms of a concussion, the participant should meet with a RecWell athletic trainer and may not return to participate in club or intramural sports until cleared by a medical doctor.

**Emergency Numbers to Know**
UMD Police: 301-405-3333
Or 911

**University Health Center**
Bldg 140 Campus Drive
Appointment line: 301-314-8184

**RecWell Athletic Training Room**
Ritchie Coliseum Rm. 0100
For hours visit: recwell.umd.edu/activities/club-sports/athletic-training
To make an appointment: 301-405-5711

For more detailed information on concussion and traumatic brain injury, visit: [www.cdc.gov/traumaticbraininjury](http://www.cdc.gov/traumaticbraininjury)