



Delavan Lake Sailing School Concussion Action Plan

Concussion and Head Injury Information

Assess the situation

Be alert for signs and symptoms

Contact a health care provider

What is a concussion?

A concussion is a minor traumatic brain injury that changes the way the brain normally works. This may occur when the head hits an object or a moving object strikes the head causing the brain to move rapidly inside the skull. Even a mild bump or blow to the head can be serious, which is why it is important to be able to recognize the first signs, symptoms, and behaviors of a concussion.

Unfortunately, you cannot see a concussion. Signs, symptoms, and behavioral changes may not occur immediately and can take hours or days to be noticed. If you or a teammate may be experiencing symptoms of a concussion it is important to tell your parent/guardian and coach.

Signs of a Concussion:

- Appears dazed or stunned
- Moves clumsily
- Answers questions slowly or incorrect
- Repeats questions
- Cannot recall events prior to the injury
- Brief loss of consciousness
- Shows behavior or personality changes
- Confused/forgetful
- Slurred Speech

Symptoms of a Concussion:

- Thinking/Remembering:
 - Difficulty thinking clearly
 - Difficulty concentrating or remembering
 - Feeling more slowed down
 - Feeling sluggish, hazy, foggy, or groggy
- Physical:
 - Headache or “pressure” in head
 - Nausea or vomiting
 - Balance problems or dizziness
 - Fatigue or feeling tired
 - Blurry or double vision
 - Sensitivity to light or noise
 - Numbness or tingling
- Emotional
 - Irritable
 - More emotional than usual
 - Nervous

What should you do when a concussion is suspected?

- Alert your instructor and parent/guardian
- Seek medical attention right away from a health care provider
- Rest to allow a successful recovery
- Once symptom free provide written consent from a health care provider to allow participation back in the program



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As a sailing instructor it is your responsibility to ensure the safety of your students and the surrounding environment. There are new safety regulations regarding concussions and head injuries. It is your responsibility to remove a student from the athletic activity if you determine he/she exhibits or you suspect signs, symptoms, or behavior consistent with a concussion or head injury. The student must be evaluated by a trained health care provider and determine if they have sustained a concussion. He/she may not participate until they are symptom free and have been provided with written clearance to participate by a health care provider.

What should a coach do when a concussion is suspected?

- 1. Remove the student from the boat and any immediate dangers.** Begin looking for the signs, symptoms, and behaviors of a concussion or head injury. Do not allow the student to be unsupervised at any time following the incident if you suspect a concussion.
- 2. Inform the student's parent/guardian immediately about the possible concussion.** Make sure the injured student's parent/guardian knows that they are required to take the student to be evaluated by a health care provider to resume participation in the Delavan Lake Sailing School Program.
- 3. Ensure that the student seeks medical attention and is evaluated by a health care provider.** Under no circumstances try to judge the severity of a head injury of your student. Health care providers have a number of methods that they can use to assess if the student has sustained a concussion. As a coach, begin filling out the incident report, being as thorough as possible (See Incident Report).
- 4. The student must provide written clearance from a health care provider to return to the program.** They must provide a written letter of consent from the health care provider to be allowed to participate in any activities once they are symptom free.