

# Concussion Statistics and Information

## Injury rate per 100,000 injury exposures in High School athletics:

- Football – 52
- Boys Ice Hockey - 43
  - Girls Lacrosse – 39
  - Girls Soccer – 35
  - Boys Lacrosse – 32
- Boys Wrestling – 22
- Girls Basketball – 20
- Girls Field Hockey – 18
  - Boys Soccer – 17
  - Girls Softball - 15

## Signs observed by coaching staff

- Appears dazed or stunned
- Is confused about assignment
- Forgets plays
- Unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loss of consciousness (Very rare)
- Shows behavior or personality changes
- Can't recall events prior to or after the injury

## **Symptoms reported by player**

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

## **The following situations indicate a medical emergency and require activation of the Emergency Medical System (EMS):**

- Player has a loss of consciousness of any duration
- Player exhibits any of these symptoms:
  - ✓ Decrease level of consciousness
  - ✓ Unusual drowsiness or inability to be awakened
  - ✓ Difficulty getting attention
  - ✓ Breathing irregularity
  - ✓ Severe or worsening headache
  - ✓ Persistent vomiting
  - ✓ Seizures