

## INFORMATION FOR COACHES

# Concussion Care

### Signs and symptoms

- Headache
- Dizziness
- Confusion, acting "foggy"
- Blurry vision
- Nausea or vomiting
- Memory and attention problems
- Personality changes
- Light or noise sensitivity
- Low energy, tiredness

### Take action

- Remove athlete immediately from activity or game
- Schedule a medical evaluation
- Return to play only after written clearance by a healthcare provider

### Red flags\*

- Repeated vomiting
- Worsening or severe headache
- Seizure-like activity
- Numbness, tingling or weakness of arms or legs
- Sudden changes in thinking or behavior
- Difficulty speaking
- Inability to stay awake

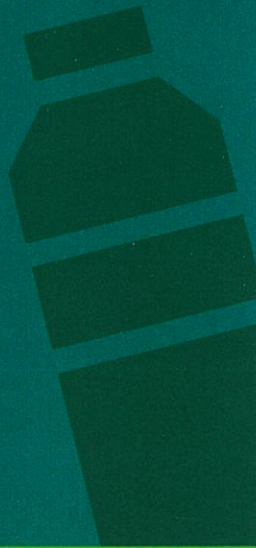
**\*For immediate attention, call 911 or go to the nearest urgent care facility or emergency department.**

[childrenscolorado.org/Concussions](http://childrenscolorado.org/Concussions)

**PREPARE // PERFORM // RECOVER // REPEAT**



# How To Hydrate



- Good rule of thumb: Drink water consistently all day. If you feel thirsty, or if you notice your urine is dark in color like apple juice, drink more. Carrying a reusable water bottle with you is a helpful way to always have some on hand. But when it comes to high-intensity play, hydrating like a champ calls for planning ahead.
- Bump up your fluid intake about four hours before practice or competition.
- Rehydrate about every 15 to 30 minutes during play. If you know you won't get a chance, pre-game hydration is especially important.
- For early morning games, start increasing hydration the day before.
- Use a sports drink after the game to replace not just fluids, but electrolytes, protein, and carbohydrates. Low-fat chocolate milk is a great option.

## Stretching



### Get warmed up

Always stretch a warm, loose muscle — not a cold, tight muscle. Before stretching, start with a low-intensity warm-up activity like a jog, a brisk walk, a light swim, or a few minutes on an elliptical machine, until you work up a light sweat.



### Get dynamic

Dynamic stretching prepares you for an activity with exaggerated movement that mimics the activity itself. For example, if you're getting ready to play soccer, you might swing your leg back and forth as high as it'll go in both directions. Dynamic stretches improve high-impact flexibility and bump up muscle temperature. Just like static stretches, always do them after warming up.



### Hold and repeat

The stretches that increase flexibility are called static stretches, and they work to lengthen muscles and loosen connective tissue and should be performed separate to activities or as a cool down. For maximum benefit, hold each stretch for 30 seconds and repeat 3 or 4 times.

### Lower body stretches

Calf, quadriceps and hamstrings

### Upper body stretches

Wrist and forearm, triceps, trapezius, pectoralis and neck