

## **Elon University Concussion Fact Sheet for Club Sports and Performing Arts**

### **What is concussion?**

- Concussion is a brain injury on the metabolic level that occurs during an impact where the neurons in the brain are stretched.

### **How does concussion occur?**

- Impact to the head either from contact with another person, a ball, a stick, or contact with the ground.

### **What are the symptoms?**

Symptoms can be physical and cognitive. They can affect how you work, learn, and play. A few common symptoms for concussion include:

- Headache
- Nausea
- Sensitivity to light and sound
- Dizziness
- Trouble sleeping
- Confusion
- Feeling in a fog

*\*\*\*\*Full list in symptom checklist\*\*\*\**

### **Should I go to the hospital?**

Most concussions do not require a trip to the emergency room. Diagnostic imaging cannot diagnose a concussion because it is an injury that occurs to the brain on a metabolic level. However, there are some red flag signs that you and your athletic trainer will look out for that may suggest there is a secondary brain injury that needs emergency medical care. They are as follows:

- Unconsciousness
- Pupils that do not respond to light
- Pupils that are two different sizes (one dilated and one constricted)



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- Memory regression that happens rapidly
- Vomiting
- Loss of motor skills

### **Who is most at risk?**

Athletes who participate in sports that are mid to high impact or those in collision sports. Male athletes also have a higher instance of concussion. Athletes who have had previous concussions.

### **How do I decrease the risk of concussion?**

- Wear protective headgear
- Wear a mouth guard during play and practice
- Neck strengthening exercise program

### **Who do I report my concussion to?**

As soon as you begin to feel concussion symptoms notify those who can help.

- Athletic trainer
- Club Sport Assistants
- Coaching Staff/Dance faculty
- Safety officers
- Teammates (look out for each other)

### **What steps do I take if I have a concussion?**

- If the athletic trainer is not present once you experience symptoms remove yourself from play.
- If an athletic trainer is present inform them of your condition and they will perform a sideline concussion evaluation.
- Once it is confirmed that you have a concussion you will be held out of participation until concussion return to play (RTP) protocol is completed.
- Performing arts majors will need to complete a return to dance (RTD) protocol before returning to class or rehearsals
- The next business day you will follow up with your athletic trainer and perform a SCAT5 (soon to be SCAT6).



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- Each day after that you will complete a symptom checklist until you have zero symptoms.

### **What does Return to Play Protocol look like?**

- Once you have no symptoms you will start with light cardiovascular activity. This could be walking to class and walking leisurely with friends
- Next you will do supervised exercise in the athletic training clinic on a stationary bike. This will consist of steady stated and short sprints to increase your heart rate.
- If resistance training is a part of your regular routine, then we will slowly reintroduce that to you. If it is not, this step can be skipped.
- Integrating you back into play begins with a non-contact practice. A practice consisting of running and passing drills without the risk of falls or collisions. No headers for soccer athletes as well.
- **For Dancers: You will rejoin class but will be performing warm up, beginner turns, and beginner jumps. No floor work, partnering, or complex combinations. Do not perform choreography with fast neck and head movements.**
- If you have completed the previous steps without recurring symptoms, then your last step is full contact practice.
- **For Dancers: Full class participation with floor work, jumps, partnering, and complex combinations. Neck and head movements are allowed but be aware of recurring symptoms.**
- Before you are cleared, you must meet with your athletic trainer to discuss how your full contact practice or dance class went. Your athletic trainer will speak with the supervising physician and then you will be notified about your updated status.



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## Elon Club Sport and Performing Arts Concussion Protocol Follow Up

*(To be performed daily post-concussion)*

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

Date of Injury: \_\_\_\_\_ Sport/Dance: \_\_\_\_\_ DOB: \_\_\_\_\_

### Symptom Checklist

Symptom	None	Mild	Moderate	Severe
Headache	0	1 2	3 4	5 6
“Pressure in head”	0	1 2	3 4	5 6
Neck Pain	0	1 2	3 4	5 6
Nausea or Vomiting	0	1 2	3 4	5 6
Dizziness	0	1 2	3 4	5 6
Blurred Vision	0	1 2	3 4	5 6
Balance Problems	0	1 2	3 4	5 6
Sensitivity to Light	0	1 2	3 4	5 6
Sensitivity to noise	0	1 2	3 4	5 6
Feeling slowed down	0	1 2	3 4	5 6
Feeling like “in a fog”	0	1 2	3 4	5 6
“Don’t feel right”	0	1 2	3 4	5 6
Difficulty concentrating	0	1 2	3 4	5 6
Difficulty remembering	0	1 2	3 4	5 6
Fatigue or low energy	0	1 2	3 4	5 6
Confusion	0	1 2	3 4	5 6
Drowsiness	0	1 2	3 4	5 6
More emotional	0	1 2	3 4	5 6
Irritability	0	1 2	3 4	5 6
Sadness	0	1 2	3 4	5 6
Nervous or Anxious	0	1 2	3 4	5 6
Trouble falling asleep	0	1 2	3 4	5 6
TOTAL NUMBER OF SYMPTOMS				of 22



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SYMPTOM SEVERITY SCORE				of 132
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Do your symptoms get worse with physical activity? Y N

Do your symptoms get worse with mental activity? Y N

If 100% is feeling perfectly normal, what percent of normal do you feel? \_\_\_\_\_

If not 100%, why? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

BELOW TO BE FILLED OUT BY ATHLETIC TRAINER

Pupils Equal and Reactive to Light (PEARL): Y N

\_\_\_\_\_

VOMS in multiple directions: Y N

\_\_\_\_\_

Athletic Trainer Sign and Date: \_\_\_\_\_

Patient Sign and Date: \_\_\_\_\_