

# Concussion & Player Safety Information

For parents/guardians, athletes, coaches, and camp staff

MT41 Camps is committed to athlete safety. This handout gives parents, athletes, coaches, and camp staff access to concussion education, symptoms to watch for, and basic response/return-to-play expectations.

## MT41 Camps Safety Rule

If a concussion is suspected, the athlete will be removed from camp activity right away and will not return the same day. Return to sports activity should occur only after evaluation and clearance from an appropriate healthcare provider.

## What is a concussion?

A concussion is a type of brain injury that can happen from a bump, blow, or jolt to the head or body. Signs and symptoms may appear right away or later.

## Common signs coaches or parents may observe

- Appears dazed, stunned, confused, or unsure
- Moves clumsily, has balance problems, or seems slow to respond
- Forgets instructions or has trouble remembering
- Shows mood, behavior, or personality changes
- Loses consciousness, even briefly

## Symptoms an athlete may report

- Headache or pressure in the head
- Nausea, vomiting, dizziness, or balance problems
- Blurred/double vision or sensitivity to light/noise
- Feeling sluggish, foggy, groggy, or not right
- Trouble concentrating, remembering, or thinking clearly

## What to do if a concussion is suspected

- Remove the athlete from activity immediately.
- Check for danger signs and call emergency services when needed.
- Notify the parent/guardian as soon as possible.
- Do not allow same-day return to camp activity.
- Only a healthcare provider should assess and clear an athlete for return to sports.

## Return-to-play reminder

After a concussion, return to sports should be gradual and supervised by a healthcare provider. CDC HEADS UP return-to-play steps typically take at least 24 hours each. If symptoms return, the athlete should stop activity and contact a healthcare provider.

## Emergency warning signs

- Repeated vomiting, worsening headache, or increasing confusion
- Seizure, loss of consciousness, or inability to wake up
- Slurred speech, weakness, numbness, or unusual behavior
- One pupil larger than the other or severe neck pain

## Parent / Athlete Acknowledgment

By registering for camp, parent/guardian and athlete acknowledge that they have access to this concussion and player safety information and understand that suspected concussion symptoms must be reported immediately to camp staff.

Questions: [mt41camps@gmail.com](mailto:mt41camps@gmail.com)