

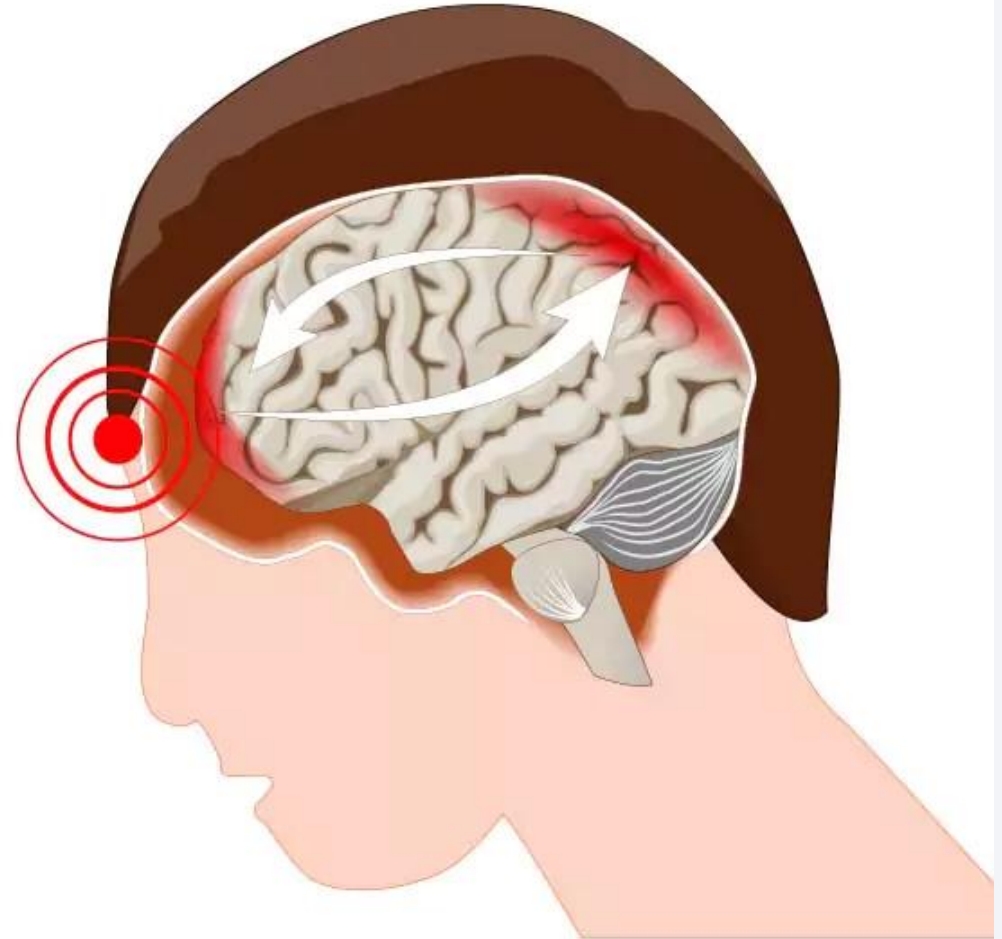
2023-2024 Concussion Training  
Snowsports School



**Schweitzer**

# What is Concussion?

A concussion is a brain injury produced by a hit or jolt to the head that impacts how an individual thinks, acts, or feels. A mild traumatic brain injury is another name for this condition.



## We need to be aware

A concussion can happen to any of our students at any level of ability.

**TABLE. MOST COMMON SKIING INJURIES <sup>1</sup>**

<b>PEDIATRICS</b>	<b>RECREATIONAL</b>	<b>ELITE</b>
<ol style="list-style-type: none"><li>1. Lower extremity<ul style="list-style-type: none"><li>• Knee (contusion, sprain)</li></ul></li><li>2. Upper extremity<ul style="list-style-type: none"><li>• Hand</li><li>• Wrist</li></ul></li><li>3. Head/neck/face<ul style="list-style-type: none"><li>• Concussion</li></ul></li></ol>	<ol style="list-style-type: none"><li>1. Lower extremity<ul style="list-style-type: none"><li>• Knee (ACL injury)</li></ul></li><li>2. Upper extremity<ul style="list-style-type: none"><li>• Shoulder</li><li>• Hand</li></ul></li><li>3. Head/neck/face<ul style="list-style-type: none"><li>• Concussion</li></ul></li></ol>	<ol style="list-style-type: none"><li>1. Lower extremity<ul style="list-style-type: none"><li>• Knee (ACL injury)</li></ul></li><li>2. Lower back and hip</li><li>3. Head/neck/face<ul style="list-style-type: none"><li>• Concussion</li></ul></li></ol>



## What should we look for ...

These are signs and symptoms you should look out for in your students or yourself. Please listen to your student if they say they 'just don't feel right'.

A good rule of thumb is... if your student has a crash of fall where you feel the cringe factor of "OUCH", keep an eye on them through the lesson and tell their parents/guardians at the end of the day to keep an eye on them.

## Physical Signs

- Loses consciousness
- Bothered by light or sound
- Complain of being dizzy or their balance is off
- Feel tired or have no energy
- Have a headache
- Nauseous or have vomited
- Vision problems
- Moves clumsily

## Thinking & Remembering

- Attention or concentration problems
- Feeling slowed down
- Foggy, groggy or dazed
- Short term memory problems – can't recall events prior to the crash or forgets instructions
- Trouble thinking clearly

## Social or Emotional

- Anxious or nervous
- Irritable or angry
- Feeling emotional
- Sad
- Shows mood, behavior or personality changes

## Sleep Issues

- Sleeping less than normal
- Sleeping more than normal
- Has trouble falling asleep

## Danger Signs

If you see any of these signs or symptoms, contact Patrol or go to the hospital immediately.

- Have a headache that gets worse and does not go away
- Experience weakness, numbness, decreased coordination, convulsions, or seizures
- Vomit repeatedly
- Have slurred speech or unusual behavior
- Have one pupil (the black part in the middle of the eye) larger than the other
- Cannot recognize people or places, get confused, restless, or agitated
- Lose consciousness, look very drowsy or cannot wake up
- If they are a child, they may not show the same signs, so if they are unable to stop crying or are inconsolable, consider it a danger sign.

## CDC Videos

What is a Concussion 1:12m

<https://youtu.be/fSRWF44wgn8>

Concussion Signs and Symptoms 1:51m

<https://youtu.be/aZybB8Tom7k>

Concussion Danger Signs :50m

<https://youtu.be/rYWly-Td2Q4>

Helmet Fit 2:10m

<https://youtu.be/eIWKHlK0-2o>

## Cold Weather Specifics

Participating in cold weather affects when and how signs and symptoms may show.

## Snowsports School Protocol

Instructor expectations when a student falls or shows symptoms of a concussion.

## Paperwork

Cold temperatures can slow when the signs and symptoms of a concussion start to show. Be aware it could take up to an hour if not more for the symptoms show.

If your student has a crash where they complain about their head or neck hurting, stop IMMEDIATELY.  
Call Patrol 208-603-2173, then  
Call the Supervisor cell 208-597-5887.

Even if your student is not complaining but you thought it was an intense crash, call Patrol and the Supervisor to be on the safe side “When in doubt, sit them out”.

Patrol will need to ‘clear’ the student prior to them returning to the lesson.

At the end of your day – swing by the office and fill out an Instructor Comments injury report and an Incident Diagram.