THE FOUNDRY · BROOKLYN, NEW YORK

# CONCUSSION AWARENESS INFORMATION SHEET

EFFECTIVE NOVEMBER 3, 2026 · VERSION 1.0

When in doubt, sit them out. Any athlete suspected of having a concussion stops activity immediately and does not return to training until a licensed healthcare provider gives written clearance.

## WHAT A CONCUSSION IS

A concussion is a brain injury caused by a bump, blow, or jolt to the head, or by a hit to the body that causes the head to move rapidly. It can happen without a loss of consciousness, and signs may appear immediately or over the following hours or days.

## SIGNS OTHERS MAY OBSERVE

- Appears dazed or stunned
- Is confused about instructions or forgets them
- Moves clumsily or loses balance
- Answers questions slowly
- Loses consciousness, even briefly
- Shows changes in mood, behavior, or personality
- Cannot recall events before or after the hit or fall

## SYMPTOMS AN ATHLETE MAY REPORT

- Headache or pressure in the head
- Nausea or vomiting
- Dizziness or balance problems
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, or foggy

- Difficulty concentrating or remembering
- Not feeling right, or feeling down

## DANGER SIGNS: CALL 911 OR GO TO AN EMERGENCY ROOM IMMEDIATELY

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that worsens and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting
- Convulsions or seizures
- Increasing confusion, restlessness, or agitation
- Loss of consciousness

## WHAT THE FOUNDRY DOES

1. Removes the athlete from activity immediately. The athlete does not return that day.
2. Keeps the athlete under supervision and calls 911 if any danger sign appears.
3. Notifies the guardian the same day and records the incident.
4. Requires written clearance from a licensed healthcare provider before the athlete returns to any training.
5. Returns the athlete to full activity gradually, in the steps set by their healthcare provider.

## WHAT FAMILIES DO

- Tell the coaching staff about any head injury, including one that happened outside The Foundry.
- Seek evaluation from a healthcare provider when a concussion is suspected.
- Provide the written clearance to the coaching staff before the athlete's return.

## WHAT ATHLETES DO

- Tell a coach or guardian right away if they hit their head or feel any symptom listed above.
- Never hide symptoms to keep training. Reporting a possible concussion is a sign of discipline, not weakness.

## FURTHER INFORMATION

The CDC HEADS UP program at cdc.gov provides concussion information for parents and young athletes. This sheet is general safety information, not medical advice.

## ACKNOWLEDGMENT

By acknowledging this sheet in the Family Portal, the guardian confirms that they have read it and reviewed it with their athlete.

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IRON SHARPENS IRON