

# Concussions in Sports

## Fast Facts

- A concussion is a brain injury and all are serious.
- Most concussions occur without loss of consciousness.
- Recognition and proper response to concussions when they first occur can help prevent further injury or even death.

## What is a Concussion?

A concussion is a type of [traumatic brain injury](#), or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious.

Concussions can occur in *any* sport or recreation activity. So, all coaches, parents, and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs.

## Links for More information

[The CDC's website about concussions](#)

[A must read information sheet for young athletes.](#)

[Parent and Athlete information Sheet](#)

[Heads Up: Concussion in Youth Sports](#) is a free, online course available to coaches, parents, and others helping to keep athletes safe from concussion. It features interviews with leading experts, dynamic graphics and interactive exercises, and compelling storytelling to help you recognize a concussion and know how to respond if you think that your athlete might have a concussion. It takes less than 30 minutes to complete the course.

[NFHS Website - Free Concussion In Sports Course](#)

[Youth Sports Concussion Safety Center](#)