

CONCUSSION INFORMATION

The Ferris State Rec Sports Program requires that its participants are all aware of the risks that are associated with head injuries and concussions. It is the role of the Rec Sports Program, from supervisory staff, and club sports participants to serve an active role in concussion prevention, recognition, and treatment. The information below is provided to assist with this area of concern.

What is a concussion?

A concussion is a brain injury altering brain functions typically for a temporary amount of time.

How does a concussion occur?

A concussion can occur from any hit to the body OR head. A concussion typically occurs when a forceful blow results in rapid head movement leading to brain function alterations.

Signs and Symptoms of a concussion can include (can occur immediately or hours later):

- Headache
- Dizziness, lightheaded
- Nausea, vomiting
- Dazed, glazed appearance
- Lack of coordination or balance
- Feeling of being in a fog
- Emotional changes (e.g., both happy and sad)
- Amnesia (memory loss either after the event and/or prior to the event)
- Slowed response time (verbal or physical)
- Disorientation, confusion
- Altered vision (e.g., blurry vision or double vision)
- Dilated or unequal pupils
- Sensitivity to light
- Auditory changes (e.g., sensitivity to sound, ringing in the ears)
- Difficulty concentrating, recalling information

What should I do if I suspect I, or someone else, have sustained a concussion?

Stop activity, tell someone, and seek further medical attention ASAP

Who at the Club Sports game, practice, or playing facility can I contact?

You can contact a Rec Sports Supervisor, or Student Recreation Center (SRC) building staff. As of January 31, 2016, all Rec Sports Supervisors are to have completed the Heads Up Concussion training provided by the Centers for Disease Control and Prevention. As of February 15, 2016, all SRC building staff should have also received the training. Although none of our staff have the authority to diagnose a concussion, all have the authority to withhold participants suspected of a concussion or other injuries from participation, refer to advanced medical care, or call for emergency care.

Where can I go for medical attention?

Birkam Health Center
1019 Campus Drive
Big Rapids, MI 49307
231-591-2614
Monday – Friday, 8am-11:30am, and 1pm-4:30pm

Spectrum Health Big Rapids Hospital
605 Oak Street
Big Rapids, MI 49307
231-796-8691
24 Hours (Emergency Room)

When can I return to play?

While you may be withheld from competition by Rec Sports Staff, the responsibility to determine return to play status is with the club sports participant that has sustained the concussion and a healthcare professional. It is important to work with that health professional to determine a time table for when an athlete can return to play. If any symptoms return, it is important that the athlete notifies a health professional again to enact further treatment of the injury.

Additional materials:

[NCAA Concussion Fact Sheet for Student-Athletes](#)

[NCAA Concussion Fact Sheet for Coaches](#)

[Michigan Department of Community Health Concussion Resources](#)

[Center for Disease Control Concussion Guidelines](#)

Concussion Training Opportunities:

[Heads Up Concussion Training](#)