

# Concussion Awareness Information

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The Town of Whitby is dedicated to keeping participants and staff safe by increasing awareness of concussions and assisting with the proper management of individuals with suspected and diagnosed concussions.

## What is a Concussion?

A concussion is a brain injury that causes changes in how the brain functions, leading to symptoms that can be physical (e.g. headache, dizziness), cognitive (e.g. difficulty concentrating or remembering), emotional/behavioural (e.g. depression, irritability) and/or related to sleep (drowsiness, difficulty falling asleep).

## What Causes a Concussion?

A concussion may be caused by either a direct blow to the head, face or neck, or a blow to the body that transmits a force to the head that causes the brain to move rapidly within the skull. Concussions can occur even if there has been no loss of consciousness; in fact most concussions occur without a loss of consciousness. Concussions cannot be normally seen on x-rays, standard CT scans or MRI's.

## Concussions and Age

The young brain, especially the adolescent brain, is most susceptible to concussion and takes longer to recover than adults. Without identification and proper management, a concussion can result in permanent brain damage and in rare occasions, even death.

## Town of Whitby Concussion Policy

To aid in the prevention, recognition of concussions and support individuals diagnosed with concussions the Town has created a [Concussion Policy](#).

## Helpful Links

For more information on prevention and recognition of concussions visit the websites listed below.

[Pocket Concussion Recognition Tool](#)

[Concussion 101 Video - A Primer for Kids and Parents](#)

[Return to Play Guidelines](#)

[Concussion Awareness Training Tool \(CATT\)](#)

[Heads up on Concussions: What Parents need to know Pocket Concussion Recognition Tool](#)