



Head Injury Fact Sheet and Policy

A concussion (commonly called a head injury) is a potentially serious injury to the brain. Also known as a traumatic brain injury, or “TBI,” a concussion can cause potentially life-altering symptoms.

Signs & Symptoms of Concussion:

Any one or more of the following signs and symptoms may indicate a head injury has occurred.

Symptoms reported by the injured individual:

- o Headache
- o Nausea
- o Balance Problems & Dizziness
- o Blurred Vision
- o Sensitivity to bright lights or loud noise
- o Feeling “sluggish” or “foggy”
- o Altered sleep patterns
- o Difficulty concentrating
- o Problems with memory

Signs observed by coaches, other team members, instructional staff, camp administration, or host institution personnel:

- o Stunned or confused appearance
- o Forgets arm motions or cheers
- o Confused about formations in dances or routines
- o Unsure of surroundings (i.e., game score)
- o Moves clumsily
- o Loss of consciousness (long or short)
- o Personality or behavior changes (irritable, agitated, sad, etc).
- o Forgets events right before or after a blow to the head

It is the policy of USA Cheer to remove any individual from practice, camp activities, or competition following a suspected head injury. Head injuries include, but are not limited to concussions, second impact syndrome and traumatic brain injuries. Any participant who has a suspected concussion/head injury will not be allowed to return to participation within 24 hours of incident AND without documentation of being cleared by a physician (MD or DO) through a full examination. No telephone or electronic clearances will be accepted. Parents and/or guardians will be notified immediately upon witnessing or report of incident. If parent and/or guardian deny evaluation by a physician, the participant is not allowed to return to activity.

No refunds or adjustments will be made to registration fees as a result of injury. Safety is the number one priority and this policy demonstrates our commitment to overall wellbeing.

This information is not intended to evaluate or treat a concussion or any injury, and is not a substitute for a consultation with a medical provider. Every concussion/head injury is unique and USA Cheer recommends that you see a physician following any injury, especially a head injury. This policy applies to all parties involved in any cheerleading sanctioned events.