

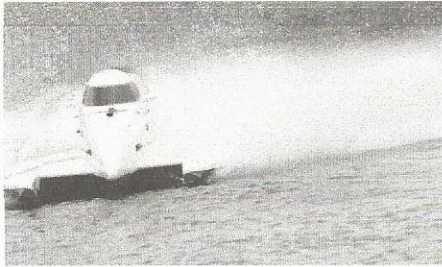


CONCUSSIONS

BROUGHT TO YOU BY APBA SAFETY & RESCUE



RISK



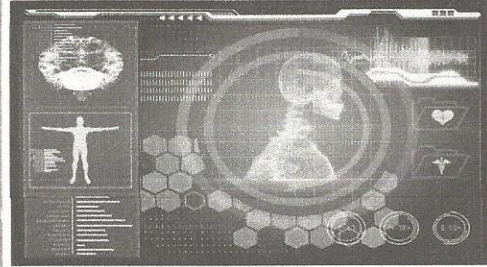
Power boat racing is a sport. As fun as it is, participation in *any* sport, let alone one that includes maneuvering a 1500 pound projectile at speeds in excess of 100 mph comes with some risk. Every year racers from all over the country suffer a suspected head injury. Racers can sustain a head injury in incidents such as blow overs, barrel rolls, wing outs, collisions, stuffs, cartwheels, hard landings or any combination of these.

WHAT IS A CONCUSSION?



A concussion is a form of Traumatic Brain Injury (TBI) which disrupts the way your brain functions. The kinetic energy, momentum and velocity or violent shaking of the head forces the brain to slam against the inside of the skull causing injury and swelling. The head injury can also cause tearing of blood vessels, injury to nerves and can cause chemical changes making the brain more sensitive until it recovers. During a heat, the racer's head is rotated in all directions watching the course and other boats. A sudden acceleration and / or deceleration combined with rotation and flexation makes the racer even more vulnerable to injury.

CONCUSSION FACTS



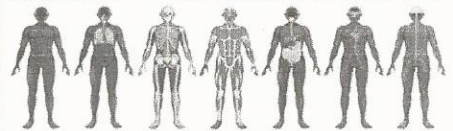
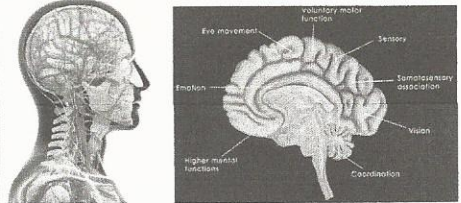
- All concussions are serious.
- A concussion cannot be seen.
- All suspected head injuries should be evaluated by emergency personnel.
- Not all concussions result in a loss of consciousness.
- Not all concussions are alike. They will affect each racer differently.
- A racer may have a concussion and not realize it.
- Never ignore a possible concussion. Even though it may appear normal at first, it could take hours, days or even weeks before the full extent of the injury is known.
- Recognizing a possible concussion and responding properly when they first occur can help prevent further injury. When treated correctly, most concussions heal. Left untreated, a concussion can result in permanent damage and worse, can even be fatal.

HEAL

- Repetitive brain injuries, when not managed promptly and properly, or permitted time to heal, can slow recovery and may cause permanent damage to your brain.
- Racers who have had a concussion at any point in their lives, have a greater chance of getting another concussion.

WHY REPORT IT?

- Besides all of the reasons already mentioned, it is your brain that controls all of your body's systems.



The one thing that controls your judgement, hand-eye coordination, vision, response times, and every one of the skills you use as a driver is now in need of repair.

The racing community prides itself on being close. You all do your best in the pits to help each other to get back out in the water. If there is a broken part, you fix it.

Sometimes racers need repairs too! What if that racer with a suspected concussion goes back out and is seriously injured? Or injures another racer, possibly a close friend or family member of yours. That racer knowingly went back out putting fellow racers in jeopardy because they ignored, didn't recognize or are too macho to admit their skills may not be up to par.

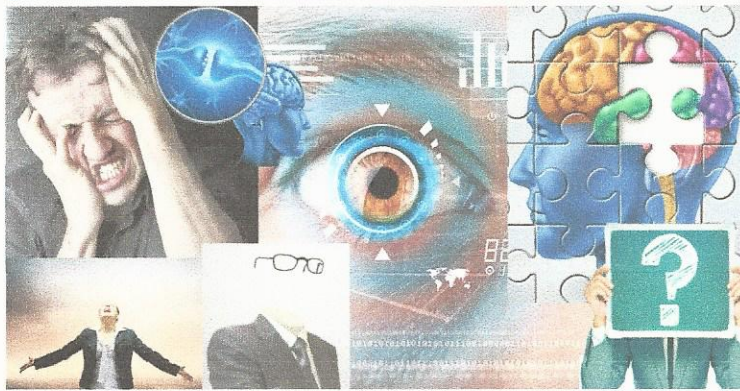
Risking the safety of others is NOT their decision to make. Fellow racers, crew members, officials and rescue all must share the responsibility for keeping the sport as safe as possible.

Be that role model everyone thinks you are. When in doubt . . . Sit it out!



For more information visit:
cdc.gov • nlm.nih.gov • nih.gov

RECOGNITION



Any racer who received a blow to the head or any significant acceleration / deceleration type force to the head should be presumed to have a possible head injury and should be thoroughly evaluated.

To help recognize a concussion, you should watch for and ask others to report two things:

1. A forceful bump, blow or jolt to the head or body that results in rapid movement of the head.
2. Any concussion symptoms or change in behavior, thinking or physical functioning.

SIGNS & SYMPTOMS

- There is no single indicator for a concussion.
- Please indicate which signs and symptoms were observed.

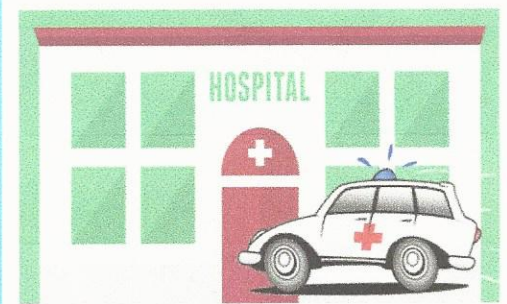
Headache or "Pressure" in head	Slow reaction time	Saw flashing lights
Confusion or Disorientation	Can't recall events PRIOR to incident	Answers questions slowly
Dazed or Stunned	Can't recall events AFTER incident	Sensitivity to light
Moves Clumsily	Vomiting and / or Nausea	Sensitivity to noise
Concentration issues	Complaints of tiredness	Just "not feeling right"
Loss of consciousness (even briefly)	Feeling sluggish, hazy, foggy or groggy	Neck pain
Mood, personality or behavior changes	Ringing in the ears	Feeling having lost time
Memory problems / Amnesia	Forgets instructions	Sleep disturbances
Double or Blurry vision	Dizziness	Other signs that feel worrisome
May experience balance problems	Saw all white, all black or stars	Unusual behavior

- Signs & Symptoms generally show up soon after the injury.
- Some may be delayed and take hours or days to present.
- Signs may be observed by others.
- Racers may report experiencing symptoms



- Fluid / blood leaking from ears / nose
- Change in consciousness or alertness
- One pupil larger than the other
- Slurred or incoherent speech
- Weakness, numbness, decreased coordination
- Unusual eye movements
- Inability to wake up
- Fever
- Symptoms that worsen

If the following danger / warning signs present, call 9-1-1 and take the injured immediately to the emergency department.



GETTING BETTER

- Most people with a concussion recover quickly and fully
- Some signs and symptoms can last for days, weeks or longer
- Exercising or activities requiring a lot of concentration such as working on a computer may cause symptoms to reappear or worsen.
- After a concussion, physical AND cognitive activities should be managed and monitored by a healthcare professional.
- It is normal for a racer to feel frustrated, sad and even angry because they cannot return to competition right away or with daily activities. Talk with them about these issues and offer support and encouragement.
- Healing and recovery will take some time. Do not rush it.