14 students suffer a concussion every week at school.*

Students
- 59% of concussions happen among male students.
- 37% of concussions happened during lunch recess or PE class.

Schools
- 72% of schools require training about concussions for their staff.
- 66% of Utah schools require coaches or athletic trainers to receive concussion materials.

Utah law states
All organized amateur sports must have a concussion policy signed by and given to parents. If a concussion is suspected, the child can’t play or return until cleared by a medical professional.

Recognize a Concussion

The injured student may:
- Appear dazed or stunned
- Seem confused
- Lose memory of just before or after the injury
- Have balance, coordination or gait problems
- Show a change in personality
- Respond slowly to questions
- Lose consciousness for any length of time

The injured student may experience:
- Headaches
- Fatigue
- Nausea or vomiting
- Double vision, blurry vision
- Sensitivity to light and noise
- Feeling “sluggish” or “foggy”
- Poor recall and concentration

References

* NOTE: During the 2016-2019 school years, there were 1,521 doctor diagnosed concussions that were reported to the Utah Department of Health Student Injury Reporting System.