

**Being a roller derby parent is a time commitment.
Concussion safety shouldn't be.**

Be prepared for concussions in less time than a bout:

Educate your child on concussion signs and symptoms.

SIGNS OBSERVED

- Show behavior or personality change
- Lose consciousness, even briefly
- Are confused about assignment
- Appear to be dazed or stunned
- Forget events prior injury
- Forget event after injury
- Answer questions slowly
- Move clumsily

SYMPTOMS REPORTED

- Problems with concentration/memory
- Dizziness or lightheadedness
- Sensitivity to light or noise
- Change in sleep pattern
- Double or fuzzy vision
- Feeling "foggy"
- Headache
- Nausea

Have your child complete a baseline test.

ImPACT baseline testing is a 20-minute online test that can be taken from home. It measures your child's "normal" cognitive function before a head injury. Should your child ever hit their head, doctors can compare post-injury test scores to their baseline to help them create more personalized treatment plans.

Have your child take one for just \$10 using promo code **DERBY**.

Seek out immediate care.

If your child gets a suspected concussion it's critical that they get specialized care immediately. Find an ImPACT-trained provider who can administer a post-injury test and compare results to their own baseline. This will help them create a more personalized treatment plan.



[BaselineTesting.com](https://www.BaselineTesting.com)