



# FAST 5

## FOR BROADCASTERS

These 5 guidelines will help you get concussion calls right most of the time. To be right every time, make sure you know the 22 Do's.

### GUIDELINE

### EXPLANATION

1	<h4>Use Appropriate Terminology</h4>	<ul style="list-style-type: none"> <li>• Use the word <b>concussion</b> or <b>brain injury</b>.</li> <li>• Don't use <b>head injury, bell-ringer, ding,</b> or mention <b>cobwebs</b>.</li> <li>• <b>Signs</b> of concussion you can see.</li> <li>• <b>Symptoms</b> are what the athlete feels.</li> </ul>
2	<h4>Take Concussion Signs Seriously</h4>	<ul style="list-style-type: none"> <li>• Going to the wrong sideline after a head impact is <b>not funny</b>.</li> <li>• Remaining in the game after a concussion can end a career or <b>cause death</b>.</li> </ul>
3	<h4>Playing Through a Concussion is Not Toughness</h4>	<ul style="list-style-type: none"> <li>• An athlete playing with a concussion should have our <b>sympathy</b>, not our admiration.</li> <li>• <b>Children take social cues</b> from the media. If we compliment dangerous behavior, we encourage children to hide concussions.</li> </ul>
4	<h4>Know Your Concussion Protocols</h4>	<ul style="list-style-type: none"> <li>• There is no objective test for concussion. Concussion protocols protect athletes, and <b>violating protocols puts athletes at risk</b>.</li> <li>• Monitor and address protocol violations so your audience learns the proper response to a suspected concussion.</li> </ul>
5	<h4>Report All Possible Concussions</h4>	<ul style="list-style-type: none"> <li>• Most <b>concussions are not diagnosed</b> during the game.</li> <li>• If you see concussion signs following an impact, <b>report what you see</b>, and what should happen next.</li> </ul>