

# Concussion First Aid

## Active & Healthy Living



EXPLORE



MEETING



3 GOOD HEALTH AND WELL-BEING

### What You Will Discover

Learn what a concussion looks like and what you should do if you believe someone you are with has suffered a concussion.

### The Adventure

In pairs or small groups, have one person take on the role of the injured person and the rest of the group take on roles as first aiders and bystanders. Have your injured person act as though they have just hurt themselves—let them decide whether they will show signs and symptoms of a concussion. Take the appropriate steps to determine what steps should be taken to help.



It starts with Scouts.

## Plan

- What resources will you use to learn about the signs and symptoms of a concussion?
- What props might you use to help your role playing?
- Memory loss is a major sign of a concussion. What are some questions you could ask someone to see if he or she has forgotten things?

## Do

**#ScoutsDoStuff:** Share this adventure and the information you learned with a younger Section, or with your friends and family!

## Review

- If you suspected that someone had a concussion, how did you react?
- What else might be a symptom of a concussion that has not already been discussed?
- What are some things you could do to help prevent a concussion?

## Safety Note

- What could be dangerous about concussion role playing?
- What dangers should you consider before starting?

## Try this

### Keep it Simple

- Write down some signs and symptoms of concussions and have your injured role-player draw a few of these from a hat.

### Take it Further

- Imagine a scenario where your group might not be able to get someone with a concussion to a doctor immediately. What would you do?