CONCUSSED

GAME PIECES: 1 Concussion Goggle™, 1 pack of Concussed playing cards and 4 stress brain models.

PLAYERS: 5 players

EDUCATIONAL GOAL: Learn to recognize some concussion impairment effects on speed and hand-eye coordination and experience our susceptibility to those effects as a result of a simulated concussion.

ACTIVITY:

Goal: Be the first to collect four cards of the same rank. Do not be the last player without a brain. *Played similar to the "Spoons" card game.*

Setup:

PLACE BRAIN MODELS IN THE MIDDLE OF THE TABLE. THE NUMBER OF BRAIN MODELS MUST BE one less than the number of players. Deal four cards to each person. One player wears the Concussion Goggle™. In order to keep the game moving, the dealer does not wear the goggles.

Gameplay:

Dealer picks up a card from the deck and discards one card face-down to the person on their left. They will need to either keep the new card and give away an unwanted one, or give away the one from the deck, to the player next to them. Make sure to pass the unwanted cards face down. The players may only have four cards in their hand at a time during the game.

Once play has begun, all players are moving as quickly as possible through the cards. The last person to receive the cards (the person on the dealer's right side) will make a discard pile next to the deck pile. Use the discard pile as the deck pile when the dealer is out of cards.

When a player collects four of a kind, as subtly as possible, take a brain and place it in front of them. The rest of the players must grab a brain. One of the players will not grab a brain in time, and most

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likely it will be the participant wearing the Concussion Goggle™.
Optional: *Players who take a brain can continue to pick up and pass cards, making it more difficult for other players to realize that they must now grab a brain also.*

Sample questions and statements for the person wearing the Concussion Goggle™: "What did you experience while doing the activity?" "In what ways were you at a disadvantage?" "What would be steps to take for someone who has these symptoms?" "The disorientation that you experienced while wearing the Concussion Goggle™ was caused by a simple visual distortion. The effects from a concussion can be much more disorienting and long-term."

Note, you may hear some of the comments below. Refer back to these in your discussion:

- Felt dizzy and/or nauseous.
- Visual disconnect between where they thought the card was and where it really was.
- Unable to accurately identify the movements of the other players.
- Disoriented and loss of spatial awareness while grabbing a card, a brain.
- Hesitant, apprehensive, confused and lacked confidence while doing the activity.

For further discussion using the Concussed cards:

- *There are three types of cards, concussion causes, action steps, and ways to prevent concussions.*
- *Cards 2, 3, 4, 6, 7, and 10: How do these cards relate to causing a concussion?*
- *Cards 5, 8, 9: How do these cards relate to what to do in the event of a concussion occurring? Can you put these 3 cards in order?*
- *Cards Jack, Queen, King, Ace: How can these cards help prevent a concussion?*
- *Use the Risk and Prevention Notes for further help with each card.*

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2. Drugs and Alcohol: Never use alcohol or other drugs when you're behind the wheel or involved with dangerous activities that require your accurate reaction in order to be safe. Alcohol and drugs make your reaction time slower and impair your judgment, making you much more likely to have an accident. 33-50% of traumatic brain injury victims were intoxicated at the time of the incident, which increases the incidence of death and makes recovery more difficult. http://www.neuro.pmr.vcu.edu/

3. Not enough proper lighting/distraction: When there is not enough light to clearly see where you are moving towards, it is much easier to trip, fall, and cause an accident that results in a TBI. Also, it is important to be aware of one's surroundings and one's relation to activities going on in that environment. TBIs can occur from thrown items, to moving accidents due to personal distraction. Distracted driving is especially on the rise.

4. Fighting/assault/rough play: Blows to the body or head can cause a concussion. Single powerful blows to the head (particularly the jawline and temple) can produce a Knock-Out, which is technically a cerebral concussion. Also, when people (kids especially) are caught up in the emotional and competitive moment where force and speed are involved, they are not always cognizant of the potential for head injuries.

5. ACTION STEP 3–SIT: Your injury could get worse if you play, or perform strenuous activites (physical or mental) before you fully recover. Let a medical professional tell you what activities are OK for you to engage in as you begin to heal.

6. Not following the rules in sporting activities/improper sports equipment: Rules, techniques and proper sports equipment have been created for the safety of the participants. To disregard through carelessness and poor sportsmanship invites injuries—the worst being TBIs.

7. Unsafe heights or platforms/slippery surfaces: Falls account for 50-60% of all TBIs and when there is a greater height involved, the potential severity of the injury increases (trampolines, playing on fire escapes, scaffolding etc.). It is also important to beware of slippery

surfaces due to ice, oil, wet floors, loose carpets, and smooth floors combined with smooth footwear. This danger may not be apparent at first glance, which can lead to a false confidence in one's ability to walk safely.

8. **ACTION STEP 1–STOP:** It is important to stop playing/cease the activity immediately. The injury could grow worse if you continue.

9. **ACTION STEP 2–TELL:** Let a parent, coach, doctor or other medical professional know what happened to you. They will need to monitor and determine whether further examinations are needed to know the extent of the injury.

10. **Diving in shallow water:** 57.2% of all swimming pool diving accidents occur in water four feet deep or shallower, while only 4.8% of swimming pool diving accidents occur in water eight feet or deeper, according to "Review of Spinal Cord Injury Statistics Related to Diving and Diving Board Use."

JACK. **Using Railings:** Hand railings provide extra stability to navigate obstacles that must be stepped over, or down, or to support those who have difficulty walking safely. When used properly they can help prevent falls which cause TBIs.

QUEEN. **Having your path cleared from clutter and obstacles:** When your feet have a clear pathway, it is easier to walk safely and prevent falls which cause TBIs. This also includes having shoes that are stable to walk in, on a surface that is not slippery.

KING. **Using Seatbelts:** Motor vehicles travel at a speed where any sudden crash can cause the body to be thrown against the interior of the car or even worse, catapulted out of the car. Seatbelts help secure the body and prevent serious injury to the head and body in the case of a collision.

ACE. **Using proper helmets in sports, biking, and in labor zones:** When the risk of head injury is high in certain sports and activities, we must wear the proper head equipment. For example, for bicycle safety, helmet use has been estimated to reduce head injury risk by 85%.