

SAFETY

Concussion Awareness for Cheer Families

What every parent and athlete should know about recognizing and responding to head injuries.

Cheer is a demanding sport, and head injuries can happen. Knowing the signs — and taking them seriously — protects athletes long-term.

Know the signs

Headache, dizziness, confusion, nausea, sensitivity to light, and “not feeling right” can all signal a concussion. Symptoms don’t always appear immediately.

When in doubt, sit them out

An athlete suspected of a concussion should stop activity immediately and be evaluated by a medical professional before returning. There is no routine worth the risk.

This guide is educational and not a substitute for medical advice. Always consult a qualified healthcare provider.
