

## Concussion Goggle Activities

### Timed Catch Activity

#### YOU WILL NEED:

- 1 Concussion Goggle
- 2 People standing about 10 feet away from each other
- A ball
- Stopwatch



#### GOAL:

Recognize some concussion impairment effects when standing still and trying to aim and throw.

#### ACTIVITY:

Using a Stopwatch, the two people must play catch with a ball for 10 consecutive throws/catches. The first time they will not use the concussion goggle, and the instructor or volunteer will use the stopwatch to time how long it takes the pair to toss the ball 10 times.

After recording the time used for that first attempt, they will again time the pair for 10 consecutive throws using the Concussion Goggle on one of the participants. Again time the pair and see how long it takes for them to do the activity.

#### Note these responses from your participants:

Feelings of dizziness and nausea

Visual disconnect between the ball and the hands

Disorientation and loss of spatial awareness while standing

Hesitation, Apprehension, Confusion and Lack of Confidence while doing the activity.

## Concussion Goggle Activities

### Timed Wall Touch Activity

#### YOU WILL NEED:

- 1 set of the Concussion Goggle
- 1 sturdy chair without armrests
- 2 spotters on either side of the chair
- Stopwatch



#### GOAL:

Recognize some concussion impairment effects when changing vision levels, turning and moving from one place to another.

#### ACTIVITY:

Place the chair 10 feet away from a wall, facing that same wall. Have a participant sit in that chair and at the instructor's command to 'Go', have the participant stand up, walk to the wall, touch the wall, turn 180 degrees, walk back to their chair, put their arms at their sides turn around and sit down carefully. This process will be timed by a stopwatch.

Using the first time as a benchmark, the participant will do the activity again. This time they will wear the Concussion Goggles while doing the activity. The person with the stopwatch will once again time the participant, and they must do the activity in the same amount of time that it took the first time. The spotters must be careful when the participant turns around to sit in the chair carefully once more. Chances are good that they will only sit half-way on the chair.

#### Note these responses from your participants:

Feelings of dizziness and nausea

Visual disconnect between where they think the chair is and where it really is

Disorientation and loss of special awareness while standing and walking

Hesitation, Apprehension, Confusion and Lack of Confidence while doing the activity.

## Concussion Goggle Activities

### Walk the Line Activity

#### YOU WILL NEED:

Concussion Goggles

Walk-the-Line tape on the floor- about 8 feet long

Ball or other object at the end of the line

Spotters to make sure the participant is safe



#### GOAL:

Experience some of the loss of balance effects that can be caused by a concussion and provoke discussion concerning the severity of a concussion

#### ACTIVITY:

Simulate a couple of the signs and effects of a concussion with these Concussion Goggles.

Have a volunteer come up and put on the goggles.

Have the volunteer walk a straight line with arms at his or her side. When the volunteer gets to the end, have he or she pick up this ball, turn around and again walk the line back.

Use a spotter or two on each side of the participant as they walk down the line, making sure they do not fall.

Have several students do the same activity, and discuss afterward.

#### Note these responses from your participants:

Feelings of dizziness and nausea

Visual disconnect between where they think the chair is and where it really is

Disorientation and loss of spatial awareness while standing and walking

Hesitation, Apprehension, Confusion and Lack of Confidence while doing the activity.