

VEAZIE COMMUNITY SCHOOL CONCUSSION INFORMATION SHEET

★ **Athletes must review this information with a parent/guardian and complete the form on the back.**

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. **Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your student athlete reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

Headaches	Don’t feel right	“Pressure in head”	Fatigue/low energy	Nausea or vomiting
Sadness	Neck Pain	Nervousness/anxiety	Balance problems/dizziness	
Irritability	More emotional	Feeling sluggish or slow	Blurred, double, or fuzzy vision	
confusion	sensitivity to light or noise	Concentration or memory loss		

Signs observed by teammates, parents, or coaches include:

Appears dazed plays	Shows behavior or personality changes	Vacant facial expression	Forgets
Can’t recall events prior to hit	confused about assignment	can’t recall events after hit	Moves clumsily
Seizures or convulsions personality	Is unsure of opponents or game score	Any change in typical behavior or	

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussions should be removed from play immediately. Continuing to play with the signs and symptoms of concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or event to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries, and concussion are no different. As a result, education of administrators, coaches, parents, and students is the key for the student athlete’s safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. Veazie School Committee policy requires the consistent and uniform implementation of well-established return to play concussion guidelines that have been recommended for several years and reflected in Committee policy.

Any student suspected of having sustained a concussion or other head injury during a school sponsored athletic activity including but not limited to competition, practice, or scrimmage, must be removed from the activity immediately.

No student will be permitted to return to the activity or to participate in any other school sponsored athletic activity on the day of the suspected concussion.

Any student who is suspected of having sustained a concussion or other head injury shall be prohibited from further participation in school sponsored athletic activities until he/she has been evaluated and received written medical clearance to do so from a licensed health care clinician who is qualified and trained in concussion management. You should also inform your child’s coach if you think that your child may have a concussion. Remember, it’s better to miss one game than miss the whole season. And, when in doubt, the athlete sits out.

For current up-to-date information on concussion you can go to:

<http://www.cdc.gov/headsup/index.html>

Veazie Community School
Management of Concussions and other Head Injuries

I have read the Veazie Community School Concussion Information sheet. I understand the nature and risk of concussions and head injuries, including the risk of continuing to play after concussion or head injury.

Student Name: _____ Grade: _____

Student Athlete Signature Date: _____

Parent Signature Date: _____

This form is to be completed annually for all students participating in a school sponsored athletic activity and returned to the coach/athletic director. Students are not to practice or play until this form has been completed and returned to the school.