

Beecher Community School District

Concussion Information and Waiver

Parent & Student/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

What are the signs and symptoms of concussion?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If a student/athlete reports one or more symptoms of concussion after a bump, blow or jolt to the head or body, he/she should be kept out of play the day of the injury. The student/athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

Did you know?

- Most concussions occur without loss of consciousness.
- Students/athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

<u>Signs Observed by Coach and/or Staff</u>	<u>Symptoms reported by Student/Athlete</u>
Appears dazed or stunned. Is confused about assignment or position Forgets an instruction Is unsure of game, score or opponent Moves clumsily Answers questions slowly Loses consciousness (even briefly) Shows mood, behavior or personality changes Can't recall events prior to hit or fall Can't recall events after hit or fall	Headache or “pressure” in head Nausea or vomiting Balance problems or dizziness Double or blurry vision Sensitivity to light Sensitivity to noise Feeling sluggish, hazy, foggy or groggy Concentration or memory problems Confusion Just not “feeling right” or is “feeling down”

Concussion Danger Signs

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student/athlete should receive immediate medical attention if after a bump, blow or jolt to the head or body he/she exhibits any of the following danger signs:

- One pupil larger than the other
- A headache that gets worse
- Repeated vomiting or nausea
- Convulsions or seizures
- Has unusual behavior
- Becomes increasingly confused, restless or agitated
- Loses consciousness (even a brief loss of consciousness should be taken seriously)
- Drowsy or cannot be awakened
- Weakness, numbness or decreased coordination
- Slurred speech
- Cannot recognize people or places

Why should a student/athlete report their symptoms?

If a student/athlete has a concussion, his/her brain needs time to heal. While a student/athlete's brain is still healing, he/she is much more likely to have another concussion. Repeated concussions can increase the time it takes to recover. In rare cases, repeat concussions in young students/athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

What should you do if you think your student/athlete has a concussion?

- If you suspect that a student/athlete has a concussion, remove the student/athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the student/athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says he/she is symptom-free and it's OK to return to play.
- Rest is the key to helping one recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
- **Remember:** Concussions affect people differently. While most students/athletes with a concussion recover quickly and fully, some will have symptoms that last for days or even weeks. A more serious concussion can last for months or longer.

CONCUSSION AWARENESS

Educational Material Acknowledgement Form

I (we), hereby acknowledge having received education about the signs, symptoms and risks of concussions as provided in the information above. I also acknowledge my responsibility to report to my coaches/staff, parent(s)/guardian(s) any signs or symptoms of a concussion.

Student Name Printed

Parent/Guardian Name Printed

Student Name Signature

Parent/Guardian Name Signature

Date

Date

Return this signed form to your child's school that must be kept on file for the duration of school or age 18.

Students and parents please review and keep the educational materials available for future references.