

Parents and student-athletes: Please read and return page 4 (acknowledgment page). You must turn in a signed form prior to the start of practice.

**RSU 56
CONCUSSION AND OTHER HEAD INJURIES INFORMATION SHEET**

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 a 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
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fussy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
- Forgetting game plays
- Repeating the same question/comment
- Amnesia

Signs observed by teammates, parents or coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays poor coordination
- Loses consciousness
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality

This document is adapted from the CDC and the 3rd International Conference on Concussion in Sport Consensus Statement (2009)

RSU NO. 56 CONCUSSION INFORMATION SHEET

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

Athletes with the signs and symptoms of concussion 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 a concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even 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 concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any student suspected of having sustained a concussion or other head injury during a school-sponsored activity including but not limited to competition, practice or scrimmage, must be removed from the activity immediately. The student and his/her parent (s)/guardian(s) will be informed by the coach of the need for an evaluation for brain injury before the student will be allowed to return to the activity.

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 any school-sponsored student/athletic activities until he/she has been evaluated and received written medical clearance to do so from a licensed health care provider (licensed physician, nurse practitioner, physician's assistant and Doctor of Osteopathy). Students who have been diagnosed with a concussion and released to return to play/school activity by a licensed health care medical provider must then complete the five step gradual return to play procedures.

Students participating in a game or practice who have been sent to a medical facility for an injury (concussive or otherwise) require a release to return to play by a licensed health care medical provider and must then complete the five step gradual return to play protocol.

Parent(s)/guardian(s) should also inform your child's school nurse 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.

Return to Play Procedures After Concussion

These recommendations are from the Consensus Statement on Concussion in Sport: The 3rd International Conference on Concussion in Sport, (Zurich 2008) provide guidance for a gradual return-to-play protocol after the athlete is symptom-free at rest:

Day 1: light aerobic exercise (walking, swimming or stationary cycling) keeping exercise heart rate less than 70% of maximum predicted heart rate. No resistance training

Day 2: sport-specific exercise, any activities that incorporate sport-specific skills. No head impact activities.

Day 3: non-contact training drills

Day 4: full contact practice, participate in normal practice activities

Day 5: return to competition

If any concussion symptoms return during any of the above activities, the athlete should return to the previous level, after resting for 24 hours.

For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/Concussion>

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