



Unionville-Sebewaing Area Schools
2203 Wildner Road - Sebewaing, MI 48759 - 989-883-2360
www.think-usa.org

Educational Material for Parents and Students (Content Meets MDDCH Requirements)

Sources: Michigan Department of Community Health and the National Operating Committee on Standards for Athletic Equipment (NOCSAE)

UNDERSTANDING CONCUSSION

Headache	Balance Problems	Sensitive to Noise	Grogginess	Not "Feeling Right"
Pressure in the Head	Double Vision	Sluggishness	Poor concentration	Feeling Irritable
Nausea/Vomiting	Blurry Vision	Haziness	Memory Problems	Slow Reaction Time
Dizziness	Sensitive to Light	Fogginess	Confusion	Sleep Problems
			"Feeling Down"	

WHAT IS A CONCUSSION?

A **concussion is a type of traumatic brain injury** that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or a sudden stopping and starting of the head. Even a "ding" "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven't been knocked out.

You can't see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear to be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a healthcare professional (a doctor's note) says they are OK to return to play.

IF YOU SUSPECT A CONCUSSION

1. **SEEK MEDICAL ATTENTION RIGHT AWAY** – A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Don't hide it, report it, Ignoring symptoms and trying to "tough it out" often makes it worse.
2. **KEEP YOUR STUDENT OUT OF PLAY** – Concussions take time to heal. Don't let the student return to play the day of injury and until a health care professional says it's OK. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. A second concussion can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. It is better to miss one game than the whole season.
3. **TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION** – Schools should know if a student had a previous concussion. A student's school may not know about a concussion received in another sport or activity unless you notify them.



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SIGNS OBSERVED BY PARENTS

<ul style="list-style-type: none">• Appears dazed or stunned• Is confused about assignment or position• Forgets an instruction	<ul style="list-style-type: none">• Is unsure of game, score, or opponent• Moves clumsily• Answers questions slowly	<ul style="list-style-type: none">• Loses consciousness (even briefly)• Shows mood behavior or personality changes
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CONCESSION 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 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:

<ul style="list-style-type: none">• One pupil larger than the other• Is drowsy or cannot be awakened• A headache that gets worse• Weakness, numbness, or decreased coordination	<ul style="list-style-type: none">• Repeated vomiting or nausea• Slurred speech• Convulsions or seizures• Cannot recognize people/places	<ul style="list-style-type: none">• Becomes increasingly confused, restless or agitated• Has unusual behavior• Loses consciousness (even a brief loss of consciousness should be taken seriously).
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HOW TO RESPOND TO A REPORT OF A CONCUSSION

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, exercising or activities that involve a lot of concentration (such as studying, working on a computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rest breaks, be given extra help and time, spend less time reading, writing or being on a computer.

Parents and Student Must Sign and Return the Education Material Acknowledgement Form



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**CONCUSSION AWARENESS
EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM**

By the name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and/or the Concussion Fact Sheet for Athletes provided by Unionville-Sebewaing Area Schools.

Participant Name, Printed

Parent/Guardian Name, Printed

Participant Name, Signature

Parent/Guardian Name, Signature

Date

Date

Return this signed form to the school office. It must be kept on file for the duration of participation or age 18.

Participants and parents please review and keep the educational materials for future reference.