

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 a 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 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 fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete 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. IHSA Policy requires athletes to provide their schools with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child's coach if you think that you 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 and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

PCHS utilizes the ImPact program for concussion evaluation and management. An Impact baseline test is mandatory for all athletes at risk of a concussion. The test is computerized testing to provide a baseline of an athlete's cognitive abilities and reaction time to later be used for comparison if they experience a head injury. The ImPact test is to be taken by athletes every two years.

Consent Form

I have read the above information on the Concussion Information Sheet. I understand its contents. I have been given an opportunity to ask questions, per the information on this sheet, and all questions have been answered to my satisfaction. I agree to participate in the Immediate Post-Concussion Assessment and Cognitive Testing (ImPact) Concussion Management Program and follow the IHSA Concussion Policy.

Signature of Athlete

Date

Signature of Parent

Date