



Sports Medicine

CONCUSSION: INFORMATION STUDENT-ATHLETES AND PARENTS/LEGAL CUSTODIANS

What is a concussion? A concussion is a traumatic brain injury caused by a direct or indirect impact to the head that results in disruption of normal brain function, which may or may not result in a loss of consciousness. It can occur from a fall, blow to the head, or a blow to the body that causes the head and brain to move quickly back and forth.

How do I recognize a concussion? There are many signs and symptoms that you may have following concussion. A concussion can affect your thinking, emotions or mood, physical abilities, or sleep.

Thinking/Remembering	Physical	Emotional/Mood	Sleep
<ul style="list-style-type: none"> • Difficulty thinking clearly • Feeling slowed down • Difficulty concentrating • Difficulty remembering information 	<ul style="list-style-type: none"> • Headache • Fuzzy/Blurry vision • Nausea/Vomiting • Dizziness • Balance problems • Sensitivity to noise/light 	<ul style="list-style-type: none"> • Irritability • Sadness • More emotional than normal • Feeling nervous/anxious • Crying more 	<ul style="list-style-type: none"> • Sleeping more • Sleeping less • Trouble falling asleep

What should I do if I think I have a concussion? If you are having any signs/symptoms listed above, you should tell your parents, coach, or athletic trainer so they can get you the help you need. If a parent notices these symptoms, they should inform the athletic trainer.

When should I be particularly concerned? If you have a headache that gets worse with time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent, coach, or teacher know right away, so they can get you the help you need before things get worse.

What are some of the problems that may affect me after a concussion? You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once you have a concussion, you are more likely to have another concussion.

How do I know when it's ok to return to physical activity and my sports after a concussion? After telling your coach, your parents, and any medical personnel around that you may think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/play or practice. The school has a policy in place on how to treat concussions. You should not return to play on the same day as your suspected concussion.

ONLINE TRAINING VIDEO: http://www.cdc.gov/concussion/HeadsUp/online_training.html

You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not fully recovered from the injury.

Student-Athlete & Parent/Legal Custodian Concussion Statement

*If there is anything on this sheet that you do not understand, please ask an adult to explain or read it to you.

Student-Athlete Name: _____

Parent/Legal Custodian Name(s): _____

We have read the *Student-Athlete & Parent/Legal Custodian Concussion Information Sheet*. If true, please check box.

After reading the information sheet, I am aware of the following information:

Student-Athlete Initials		Parent/Legal Custodian Initials
	A concussion is a brain injury, which should be reported to my parents, my coach(es), or medical professional if one is available.	
	A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.	
	A concussion cannot be "seen." Some symptoms might be present right away while others can show up hours or days after injury.	
	I will tell my parents, my coach, and/or medical professional about my injuries and illnesses	N/A
	I will not return to play if a hit to my head or body causes any concussion-related symptoms.	N/A
	If I think my teammate has a concussion, I should tell my coach(es), parents, or medical professional about the concussion.	N/A
	I will/my child will need written permission from a medical professional trained in concussion management to return to play after a concussion.	
	I realize that ER/Urgent Care physicians will not provide clearance if seen right away after the injury.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play occurs before the concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms on the Concussion Information Sheet.	

Signature of Student-Athlete

Date

Signature of Parent/Legal Custodian

Date