

# Parent & Athlete Concussion Information Sheet and Acknowledgement

## 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 bump, blow or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding” or “getting your bell rung” or what seems to be a mild bump or blow to the head can potentially be serious.

## WHAT ARE THE SIGNS AND SYMPTOMS OF A 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 an 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 athlete should only return to play with permission from a licensed health care professional experienced in evaluating for concussion. Some of the symptoms of a concussion that can be **reported directly by the athlete are:**

- Headache or “pressure” in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry Vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Issues with concentrating or memory problems
- Confusion

Some of the signs of a potential concussion that can be **observed by the coaching staff are:**

- 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
- Cannot recall events prior to the hit or fall in question
- Cannot recall events after the hit or fall in question

## ITEMS THAT ALL SHOULD BE AWARE OF:

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

## **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. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head of body he/she exhibits any of the following danger signs:

- One pupil larger than the other
- Drowsy and/or cannot be awakened
- A headache that gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting, nausea, slurred speech, convulsions or seizures
- Cannot recognize people or places or becomes increasingly confused or agitate
- Loses consciousness (even if only for a moment)

## **WHAT SHOULD BE DONE IF THERE IS CONCERN OF A POTENTIAL CONCUSSION?**

- If you suspect that an athlete may have a concussion, remove the athlete from play.
- Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, playing video games, etc 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 licensed health care professional.
- Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks.
- Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain that can even be fatal. A serious concussion can last for months or longer in some instances.
- Most importantly, if you are in doubt, sit out and be evaluated by a licensed medical professional who will monitor the return to play protocols for returning to regular activities.

I acknowledge I have read the above Information Sheet regarding Concussions:

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_