

PARENT/ATHLETE CONCUSSION **Information Sheet**

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding” “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious.

Did You Know?

- *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.*
- *Young children and teens are more likely to get a concussion and take longer to recover than adults.*

What are the signs and symptoms of concussions?

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 listed below after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care professional experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

<u>SIGNS OBSERVED BY COACHING STAFF</u>	<u>SYMPTOMS REPORTED BY ATHLETES</u>
<input type="checkbox"/> Appears dazed or stunned	<input type="checkbox"/> Headache or “pressure” in head
<input type="checkbox"/> Is confused about assignment or position	<input type="checkbox"/> Nausea or vomiting
<input type="checkbox"/> Forgets an instruction	<input type="checkbox"/> Balance problems or dizziness
<input type="checkbox"/> Is unsure of game, score, or opponent	<input type="checkbox"/> Double or blurry vision
<input type="checkbox"/> Moves clumsily	<input type="checkbox"/> Sensitivity to light
<input type="checkbox"/> Answers questions slowly	<input type="checkbox"/> Sensitivity to noise
<input type="checkbox"/> Loses consciousness (even briefly)	<input type="checkbox"/> Feeling sluggish, hazy, foggy, or groggy
<input type="checkbox"/> Shows mood, behavior, or personality changes	<input type="checkbox"/> Concentration or memory problems
<input type="checkbox"/> Can't recall events prior to hit or fall	<input type="checkbox"/> Confusion
<input type="checkbox"/> Can't recall events after hit or fall	<input type="checkbox"/> Just not “feeling right” or “feeling down”

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. A more serious concussion can last for months or longer.

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, jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but get worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

Why should an Athlete report their symptoms?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. 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. They can even be fatal.

What should you do if you think your Athlete has a Concussion?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says she is symptom-free and it's OK to return to 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, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is gradual process that should be carefully managed and monitored by a health care professional.

It's better to miss one game than the whole season. For more information on concussions, visit: **www.cdc.gov/concussion**

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date