

Sports-Related Concussion & Head Injury Fact Sheet Parent/Guardian Acknowledgement Form

A concussion is a brain injury that can be caused by a blow to the head or body that disrupts normal functioning of the brain. Concussions are a type of Traumatic Brain Injury (TBI), which can range from mild to severe, and can disrupt the way the brain normally functions. Concussions can cause significant and sustained neuropsychological impairment affecting problem solving, planning, memory, attention, concentration, and behavior.

The Center for Disease Control and Prevention estimates that 300,000 concussions are sustained during sports related activities nationwide, and more than 62,000 concussions are sustained each year in high school contacts sports. Second-impact syndrome occurs when a person sustains a second concussion while still experiencing symptoms of a previous concussion. It can lead to severe impairment and even death of the victim.

Quick Facts

- * Most concussions do not involve loss of consciousness
- * You can sustain a concussion even if you do not hit your head
- * A blow elsewhere on the body can transmit an “impulsive” force to the brain and cause a concussion

Signs of Concussion ((Observed by Coach, Athletic Trainer, Parent/Guardian)

- * Appears dazed or stunned
- * Forgets plays or demonstrates short-term memory difficulties (e.g. unsure of game, opponent)
- * Exhibits difficulties with balance, coordination, concentration, and attention
- * Answers questions slowly or inaccurately
- * Demonstrates behavior or personality changes
- * Is unable to recall events prior to or after the hit or fall

Symptoms of Concussion (Reported by Student-Athlete)

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| * Headache | * Sensitivity to light/sound |
| * Nausea/vomiting | * Feeling of sluggishness or fogginess |
| * Balance problems or dizziness | * Difficulty with concentration, short-term memory, and/or |
| * Double vision or changes in vision | confusion |

What should a Student-Athlete do if they think they have a concussion?

- * **Don't hide it.** Tell your Athletic Trainer, Coach, School Nurse, or Parent/Guardian
- * **Report it.** Don't return to competition or practice with symptoms of a concussion or head injury. The sooner you report it, the sooner you may return to play.
- * **Take time to recover.** If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to sustain a second concussion. Repeat concussions can cause permanent brain injury.

What can happen if a Student-Athlete continues to play with a concussion or returns to play too soon?

- * Continuing to play with the signs and symptoms of a concussion leaves the student-athlete vulnerable to second impact syndrome (i.e. when a student-athlete sustains a second concussion while still having symptoms from a previous concussion or head injury).
- * Second-impact syndrome can lead to severe impairment and even death in extreme cases.

Should there be any temporary academic accommodations made for Student-Athletes who have suffered a concussion?

- * To recover cognitive rest is just as important as physical rest. Reading, texting, testing, and media viewing can slow down a student-athlete's recovery.
- * Stay home from school with minimal mental and social stimulation until all symptoms have resolved.

* Students may need to take rest breaks, spend fewer hours at school, be given extra time to complete assignments, as well as being offered other instructional strategies and classroom accommodations.

Return to Play Protocol

Student-Athletes who have sustained a concussion should complete a graduated return-to-play before they may resume competition or practice, according to the following protocol:

- **Step 1:** Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without re-emergence of any signs or symptoms. If no return of symptoms, next day advance.
- **Step 2:** Light aerobic exercise, which includes walking, swimming, and stationary cycling, keeping the intensity below 70% maximum heart rate. No resistance training. The objective of this step is increased heart rate.
- **Step 3:** Sport-specific exercise including skating and/or running: no head impact activities. The objective of this step is to add movement.
- **Step 4:** Non-contact training drills (e.g. passing drills). Student-athlete may initiate resistance training.
- **Step 5:** Following medical clearance (consultation between school health care personnel and student-athlete's physician), participation in normal training activities. The objective of this step is to restore confidence and assess functional skills by coaching and medical staff.
- **Step 6:** Return to play involving normal exertion or game activity.

Student-Athlete and Parent/Guardian Acknowledgement

By signing below, both the student-athlete and his/her parent or guardian acknowledge they have read the above facts concerning concussions and head injuries, and acknowledge they understand the return to play protocol for student-athletes.

_____ Signature of Student-Athlete	_____ Print Student-Athlete's Name	_____ Date
_____ Signature of Parent/Guardian	_____ Print Parent/Guardian's Name	_____ Date

For further information on Sports-Related Concussions and other Head Injuries, please visit:

www.cdc.gov/concussions/sports/index.html
www.ncaa.org/health-safety