CONCUSSION

FACT SHEET FOR PARENTS AND STUDENT ATHLETES

IF YOU THINK YOU HAVE A CONCUSSION: DON'T HIDE IT. REPORT IT. TAKE TIME TO RECOVER.
IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

Facts:
- Type of Traumatic Brain Injury, (TBI)
- All concussions are serious
- Most concussions occur without loss of consciousness
- Can range from mild to severe
- Presents itself differently for each athlete
- Symptoms can present 0-72 hours after injury
- When in doubt, sit them out
- Do NOT initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head.
- Practice good sportsmanship
- Practice and perfect the skills of the sport

Signs and Symptoms
- Headache or “pressure”
- Dizziness
- Memory loss of events prior or following injury
- Ringing in ears
- Blurred or double-vision
- Sleepiness
- Balance problems
- Mood or personality changes
- Nausea
- Confusion
- Don’t “feel right”
- Difficulty with concentration
- Sensitivity to light or noise
- Loses Consciousness
- Appears dazed or stunned
- Unsure of game, score, opponent or sports plays

Prevention
- Immediately remove athlete from play
- Athlete/parent/guardian should self-report signs and symptoms to athletic trainer or coach.
- Ensure athlete is evaluated by an appropriate healthcare professional.
- Inform parent or guardian
- Keep the athlete out of play the day of the injury and until a healthcare professional, experienced in evaluating and managing concussions has given written consent that the athlete may resume participation.
- Athlete must then undergo a graded return to play protocol prior to participating in games.

Rest, Recover
- During the recovery process, athletes must maintain cognitive and physical rest.
- A repeat concussion that occurs prior to the brain recovering first can slow recovery or increase the chances for long-term problems such as brain swelling, permanent damage, and rarely DEATH

Danger signs
- If one or more of these symptoms occur dial 9-1-1 or go immediately to the Emergency Room
- One pupil larger than the other
- Cannot be awakened
- Worsening headache
- Vomiting
- Slurred speech
- Convulsions or seizures
- Increased confusion
- Restlessness or agitation
- Loses consciousness
- One pupil larger than the other
- Loses Consciousness
- Appears dazed or stunned
- Unsure of game, score, opponent or sports plays

Action Plan
- Immediately remove athlete from play
- Athlete/parent/guardian should self-report signs and symptoms to athletic trainer or coach.
- Ensure athlete is evaluated by an appropriate health care professional.
- Inform parent or guardian
- Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating and managing concussions has given written consent that the athlete may resume participation.
- Athlete must then undergo a graded return to play protocol prior to participating in games.

Return to Play
- Light Aerobic activity—walking/stationary bike
- No resistance training
- Sport Specific Training
- No resistance training
- NO contact practice
- No resistance training
- Full contact practice
- Unrestricted return to competition

You must complete each stage symptom free before advancing.

For more information and safety resources, visit:
www.cdc.gov/concussion

The student and parent/guardian has read and understands the above information.

Parent/Guardian Signature ______________________ Date ______________________

Student Athlete ______________________ Date ______________________