

STUDENT AND PARENTAL INFORMATION SHEET AND ACKNOWLEDGEMENT FORM

Prior to participating in a school athletic activity all students and the student's legal parent or guardian must be informed of signs and symptoms of concussion and the school's policy for the management of concussive and other head injuries and sign a statement acknowledging that review.

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child/student reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms reported may include one or more of the following:

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down”

Signs observed by school personnel or peers include:

- Can't recall events *prior to* or *after* a hit or fall.
- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.

What can happen if my child keeps on playing with a concussion or returns to soon?

Students with the signs and symptoms of concussion should be removed from the activity immediately. Continuing to participate with the signs and symptoms of concussion leaves the young brain especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the individual suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescents will often under report symptoms of injuries, and concussions are no different. As a result, education of all school personnel and students is the key for student safety.

If you think your child has suffered a concussion:

Any student even suspected of suffering a concussion should be removed from the activity immediately. No student may return to the activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without evaluation by school personnel trained in such evaluation. Close observation of the student should continue for several hours. [SCHOOL UNIT NAME] requires the consistent implementation of graduated school reentry protocols that have been recommended by the Department of Education and are reflected in Board policy:

- Any student suspected of having sustained a concussion or other head injury during school or a school athletic activity must be removed from the activity immediately and evaluated by a qualified school personnel.
- Any student suspected of having sustained a concussion or other head injury is prohibited from further participation in any school activities until he/she is evaluated by the school nurse or other school personnel trained in such evaluation, such as athletic trainer who is able to determine if referral to a licensed health care provider is necessary.
- The student and his/her parent(s)/guardian(s) will be informed of the referral to a licensed health care provider for a medical evaluation for possible concussion or brain injury before the student is allowed to begin the graduated school reentry protocol, and then full participation in learning, recess, physical education, and any school activities.
- No student is permitted to return to the activity or to participate in any other school activity on the day of the suspected concussion.
- If referral to a licensed health care provider is necessary, the student will require written medical clearance from a licensed health care provider qualified and trained in concussion management and complete the graduated return to school protocol.
- School personnel should be alert to cognitive and academic issues that may be experienced by a student who has suffered a concussion or other head injury, including but not limited to: difficulty with concentration, organization, long-and-short term memory, and sensitivity to bright lights and sounds.
- School personnel shall accommodate a graduated school reentry protocol for return to full participation in all academic activities as appropriate, based on the recommendation of the student's concussion trained health care provider and appropriate designated school personnel (e.g. 504 Coordinator, school nurse).
- No student is permitted to return to full participation in extra-curricular school activities until fully returned to his/her academic program.
- If at any time during the gradual return to school process the student exhibits signs, symptoms or behaviors of concussion, the student must be removed from the activity for that day and follow the graduated school reentry protocol.

You should also inform your student's school nurse, athletic director, or school administrator if you think that your child may have a concussion. Remember it's better to miss one activity than miss the whole season. And when in doubt, the student sits out.

For current and up-to-date information on concussions you can go to:

<https://www.cdc.gov/headsup/index.html>

I understand that a concussion may occur from an injury in any setting. I have read the school policy and understand that there is a protocol in place for graduated school re-entry following a concussion and medical clearance.

Student Name Printed

Student Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date