

Concussion Information and Signature Form

(Information adapted from CDC "Heads Up Concussion in Youth Sports")

**Please sign and return the signature page to your Team Coach or
Concussion Safety Coordinator**

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury caused by a bump, blow or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move quickly back and forth, causing the brain to bounce around or twist within the skull.

This sudden movement of the brain can cause stretching and tearing of the brain cells, damaging the cells and creating chemical changes in the brain.

HOW CAN I RECOGNIZE A POSSIBLE CONCUSSION?

To help spot a concussion, you should watch for and ask others to report the following two things:

1. A forceful bump, blow or jolt to the head or body that results in rapid movement of the head.
2. Any concussion signs or symptoms such as a change in the athlete's behavior, thinking or physical functioning.

Signs and symptoms of a concussion generally show up soon after the injury, however the full effect of the injury may not be noticeable at first. For example, in the first few minutes the athlete might be slightly confused or appear a little bit dazed, but an hour later he or she cannot recall coming to the practice or game.

You should repeatedly check for signs of concussion and be aware of what to watch for at home. Any worsening of concussion signs or symptoms indicates a medical emergency.

IMPORTANT FACTS TO REMEMBER:

- A concussion is a **Brain Injury**.
- All concussions are **Serious**.
- Concussions can occur **Without** loss of consciousness.
- A concussion can occur in **Any Sport**.
- Recognition and proper management of concussions when they **First Occur** can help prevent further injury or even death.

SIGNS AND SYMPTOMS

OBSERVED SIGNS	REPORTED SYMPTOMS
Dazed or stunned, confused Forgets instruction, unsure of game or opponent Clumsy, answers questions slowly Loss of consciousness even brief Mood, behavior or personality changes Cannot recall events prior to hit or fall Cannot recall events after hit or fall	Headache or "pressure" in the head Nausea or vomiting Balance problems or dizziness Double, Blurry Vision or Sensitivity to light or noise Sluggish, hazy, foggy or groggy feeling Concentration, confusion or memory problems Just does not "feel right"

CONCUSSION DANGER SIGNS

In rare occasions, a dangerous blood clot may form on the brain in an athlete with a concussion and crowd the brain against the skull. Call 9-1-1 or take the athlete to the emergency department right away if after a bump, blow or jolt to the head or body the athlete exhibits one or more of the following danger signs:

- One pupil larger than the other
- Drowsy or cannot be awakened
- A headache that gets 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 if brief.

HOW DO WE HELP AFTER A CONCUSSION?

Most athletes with a concussion will recover quickly and fully. Some athletes will exhibit signs and symptoms of a concussion for days, weeks or longer.

If an athlete has a concussion, his or her brain needs time to heal. A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the chances for long-term problems. In rare cases, repeat concussions can result in brain swelling or permanent brain damage. It can even be fatal.

Once an athlete is believed to have suffered from a concussion, the Return To Play Protocol must be followed before the athlete is allowed to return to compete.

The Return To Play Protocol is as follows:

1. The athlete must obtain a written medical release from a licensed health care provider. The release must certify that the provider is aware of the current medical guidance on concussion evaluation and management.
2. The athlete must no longer exhibit any signs, symptoms or behaviors consistent with a concussion at rest or with minimal exertion.
3. The athlete must successfully complete the 3 Stage Head Injury Graduated Return plan.
4. Regardless of severity, an athlete will not be allowed to return to full competing status for a minimum of 7 days following the initial injury.

3 STAGE HEAD INJURY GRADUATED RETURN

(This is observed and completed by the Team Coach or Concussion Safety Coordinator with all activities and observations noted and documented.)

1. 25 minutes Total Activity
 - a. 10 minute warm-up (jogging, jumping jacks, stretching)
 - b. 5 minutes walking, slow cone dribbling
 - c. 5 minutes running with change in direction
 - d. 5 minutes cool down (jogging, stretching)
2. Full NON-contact practice (MUST BE ACTIVE FOR 30 minutes minimum)
 - a. Must substitute any "contact" drills with activities from Stage 1
3. Full Practice (MUST BE ACTIVE AND PARTICIPATE IN A FULL PRACTICE)
 - a. If no signs or symptoms are observed, the athlete can participate in the next game.

PREVENTION AND PREPARATION

Remember safety comes first. To help minimize the risks for concussion or other serious brain injuries:

- Ensure your athlete follows the rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Remind them it is a team sport so sitting out injured is not showing weakness.
- Speak to your athlete about the importance of disclosing injury information.
- If you have any questions or concerns, please speak to your licensed health care professional.

Head Injury Graduated Return

RECORD ACTIVITIES AND DATES FOR EACH STAGE **ACCURATELY**

Stage 1

25 min Total Activity:

- 10 min warm-up (jogging, jumping jacks, stretching)
- 5 min walking, slow cone dribbling
- 5 min running with change in direction
- 5 min cool down (jogging, stretching)

Stage 1 Notes:

Facilitator's Initials:

Stage 2

Full NON-contact practice

- MUST BE ACTIVE FOR 30 mins minimum

Any drills involving possible physical contact, substitute with activities from Day 1.

Stage 2 Notes:

Facilitator's Initials:

Stage 3

Reach and maintain full exertion

Participate in FULL PRACTICE

MUST BE ACTIVE FOR FULL PRACTICE.

Stage 3 Notes:

Facilitator's Initials:

Additional Notes:

Reminders:

- If an athlete is experiencing symptoms during or after completion of any stage, contact your Athletic Trainer, **IMMEDIATELY**.
- Please document all dates and activities performed.
- This form needs to be completed and given to your Athletic Director as soon as it is completed.