

Parents and student-athletes: PLEASE READ, sign, and keep a copy. You MUST turn in a signed form prior to the start of practice.

MSAD #58 - Concussion Information Sheet

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 student-athlete reports ANY symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

SYMPTOMS MAY INCLUDE ONE OR MORE OF THE FOLLOWING:

Headaches	"Don't feel right"
"Pressure in head"	Fatigue / low or no energy
Nausea / Vomiting	Sadness
Neck Pain	Nervousness / Anxiety
Off-balance / Dizziness	Irritability
Blurred, double or fuzzy vision	More emotional
Sensitivity to light or noise	Confusion
Feeling sluggish or slowed down	Concentration / Memory problems (forgetting things)
Drowsiness	Repeating the same question or comment
Change in sleeping patterns	Amnesia

SIGNS OBSERVED BY TEAMMATES, PARENTS, OR COACHES INCLUDE:

Appears dazed	Shows behavior or personality changes
Vacant facial expression	Can't recall events prior to injury
Confused about assignment	Can't recall events after injury
Forget plays	Seizures or convulsions
Is unsure of game, score, or opponent	Any changes in typical behavior or personality
Moves clumsily or displays in coordination	Loses consciousness
Answers questions slowly	Slurred speech

This document is adapted from the CDC and the 3rd International Conference on Concussion in Sport Consensus Statement (2009)

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What can happen if my child continues to play with a concussion or returns too soon?

Athletes with signs and symptoms of concussions should be removed from play immediately. Continuing to play with the signs and symptoms of concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after the concussion occurs, particularly if the athlete 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 adolescent or teenage athletes will often under report symptoms of injuries, concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete safety.

IF YOU THINK YOUR CHILD HAS SUFFERED A CONCUSSION:

Any athlete suspected of suffering a concussion should be removed from the game or practice immediately. NO athlete may return to activity after an apparent head injury or concussion, regardless of how mild it may seem or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. MSAD #58 requires the consistent and uniform implementation of well-established return to play concussion guidelines that have been recommended for several years and reflected in Board policy:

- Any student suspected of having sustained a concussion or other head injury during a school-sponsored athletic activity including but not limited to competition, practice, or scrimmage, must be removed from the activity immediately.
- No student will be permitted to return to the activity or to participate in any other school sponsored athletic activity on the day of suspected concussion.
- Any student who is suspected of having sustained a concussion or other head injury shall be prohibited from further participation in school sponsored athletic activities until he / she has been evaluated and received written medical clearance to do so from a licensed healthcare provider who is qualified and trained in concussion management.

You should also inform your child's coach if you think that your child may have a concussion. REMEMBER! It is better to miss one game than miss an entire season. When in doubt, the athlete sits out.

For current, up to date information on concussions you can go to: www.cdc.gov/concussion

By signing this form you are acknowledging you have read and understand this information.

Student / Athlete Name: _____

Student / Athlete Signature: _____ Date: _____

Parent / Guardian Name: _____

Parent / Guardian Signature: _____ Date: _____

