

Concussion Information Sheet

Information for Students and Parents/Legal Guardians

Public Chapter 148, effective January 1, 2014, requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in those activities about the nature, risk and symptoms of concussion/head injury.

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung" or what seems to be a mild bump or blow to the head can be serious.

Did you know?

- Most concussions occur without loss of consciousness.
- Students who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

SIGNS OBSERVED BY COACHING/TEACHING STAFF

Student appears dazed or stunned
Student is confused about an assignment or position
Student forgets an instruction
Student is unsure of the game, score or opponent
Student moves clumsily
Student answers questions slowly
Student loses consciousness, even briefly
Student shows mood, behavior or personality changes
Student can't recall events prior to the hit or fall
Student can't recall events after the hit or fall

SYMPTOMS REPORTED BY STUDENTS / ATHLETES

Headache or "pressure" in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to light
Sensitivity to noise
Feeling sluggish, hazy, foggy or groggy
Concentration or memory problems

Confusion

Just not "feeling right" or "feeling down"

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention after a bump, blow or jolt to the head or body if she exhibits any of the following danger signs:

- One pupil is larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but 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 a brief loss of consciousness should be taken seriously)

WHY SHOULD A STUDENT / ATHLETE REPORT THEIR SYMPTOMS?

If a student has a concussion, their brain needs time to heal. While a student's brain is still healing, he/she is much more likely to have another concussion. Repeat concussion can increase the time it takes to recover. In rare cases, repeat concussions in students can result in brain swelling or permanent damage to their brains.

They can even be fatal.

Remember:

Concussions affect people differently. While most students / athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR STUDENT / ATHLETE HAS A CONCUSSION?

If you suspect that a student has a concussion, remove the student from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the student out of play the day of the injury and until a health care provider* says she is symptom-free and it's OK to return to play. Rest is key to helping a student recover from a concussion. Exercising or activities that involve a lot of concentration Such as studying, working on the computer or playing video games may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

*Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training

STUDENT AND PARENT / LEGAL GUARDIAN CONCUSSION STATEMENT

THIS FORM MUST BE COMPLETED AND ON FILE WITH HVCS

Statements 1-7, and 10 pertain to students AND parents/legal guardians, while statements 8 and 9 pertain to the student only.

In the following statements, the term "health care provider" means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.

After Reading the information sheet, I am aware of the following information:

1. A concussion is a brain injury which should be reported to my parents, my coach, my teacher, or a medical professional if one is available.
2. A concussion cannot be "seen". Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.
3. I will / my child will need written permission from a health care provider to return to play or practice after a concussion.
4. Most concussions take days or weeks to get better. A more serious concussion can last for months or longer.
5. After a bump, blow or jolt to the head or body an athlete should receive immediate medical attention if there are any danger signs such as loss of consciousness, repeated vomiting or a headache that gets worse.
6. After a concussion, the brain needs time to heal. I understand that I am / my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before the concussion symptoms go away.
7. Sometimes repeat concussions can cause serious and long-lasting problems and even death.
8. I will tell my parents, my coach and/or a medical professional about my injuries and illnesses.
9. I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.
10. I have read the concussion symptoms on the Concussion Information Sheet.

By signing this document, you are agreeing that you have read this Concussion Information Sheet and understand the importance of this information. A pdf file of the Concussion Information Sheet may be found on the HVCS website under the Parent tab under Parent Downloads.

Parent Signature _____ Date _____

Student Name _____