Sport/Year _____

Parent & Athlete Concussion Policy Statement Sheet

Team Name _____

What Is A Concussion? A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even or what seems to be a mild bump or blow to the head can be serious.

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. If an athlete reports one or more symptoms of concussion after a bump, blow or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

Why should an athlete report their symptoms? If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

Symptoms Reported By Athletes:

*Headaches or "pressure" in head
*Confusion
*Nausea or Vomiting
*Sensitivity to light
*Balance problems or dizziness
*Sensitivity to noise
*Double or blurry vision
*Feeling sluggish, hazy, foggy, or groggy
*Concentration or memory problems
*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. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

*One pupil larger than the other
*A headache that gets worse
*Repeated vomiting or nausea
*Convulsions or seizures
*Has unusual behavior
*Is drowsy or cannot be awakened
*Weakness, numbness, or decreased coordination
*Slurred speech
*Cannot recognize people or place
*Loses consciousness (even a brief loss of consciousness)
*Becomes increasingly confused, restless, or agitated

Signs Observed By Coaching Staff:

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

Student Athlete Name Printed	Student Athlete Name Signed	Date	Parent Or Guardian Name Printed	Parent Or Guardian Name Signed	Received Fact Sheet & Initial	Date