Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, 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.

**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 listed below after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

<table>
<thead>
<tr>
<th>SIGNS OBSERVED BY COACHING STAFF</th>
<th>SYMPTOMS REPORTED BY ATHLETES</th>
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<tr>
<td>Appears dazed or stunned.</td>
<td>Headache or &quot;pressure&quot; in head</td>
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<td>Is confused about assignment or position</td>
<td>Nausea or vomiting</td>
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<td>Forgets an Instruction</td>
<td>Balance problems or dizziness</td>
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<td>Is unsure of game, score, or opponent</td>
<td>Double or blurry vision</td>
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<td>Moves clumsily</td>
<td>Sensitivity to light</td>
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<td>Answers questions slowly</td>
<td>Sensitivity to noise</td>
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<td>Loses consciousness (even briefly)</td>
<td>Feeling sluggish, tired, irritable, or grumpy</td>
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<td>Shows mood, behavior, or personality changes</td>
<td>Concentration or memory problems</td>
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<td>Can't recall events prior to hit or fall</td>
<td>Confusion</td>
</tr>
<tr>
<td>Can't recall events after hit or fall</td>
<td>Just not &quot;feeling right&quot; or &quot;feeling down&quot;</td>
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**Did You Know?**

- Most concussions occur without loss of consciousness.
- Athletes 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.
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
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Impaired sensation or vision
- Blurred 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)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?
If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete 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.

It's better to miss one game than the whole season. For more information on concussions, visit: www.cdc.gov/Concussion.

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date
Martha's Vineyard Elementary Schools/ Nursing Department

Pre-Participation Head Injury Form

Student's Name: ____________________________________________________________

Date of Birth: _______Grade:_____

Massachusetts legislation requires Martha's Vineyard Elementary School to obtain a concussion history from each student participating in athletics. This form should be completed by the student's parent(s) or legal guardian(s). It must be submitted to the school nurse, prior to the start of each season a student plans to participate in an extracurricular athletic activity.

Has student ever experienced a traumatic head injury (a blow to the head)? Yes_______

No________

If yes, when? Dates (month/year):

________________________________________________________________________

Has student ever received medical attention for a head injury? Yes_______ No_______

If yes, when? Dates (month/year):

________________________________________________________________________ If yes, please describe the circumstances:

Was student diagnosed with a concussion? Yes_______ No_______

If yes, when? Dates (month/year):

Duration of Symptoms (such as headache, difficulty concentrating, fatigue) for most recent concussion: _______________________

Martha's Vineyard Elementary School may release medical information regarding any head injury and concussion history to my child's primary care physician, neurologist, or other treating physician. I understand that general information about the injury and concussion history may be provided to my child's guidance counselor, teachers, and coaches, on a need to know basis, for the purposes of providing temporary academic/activity modifications, if necessary.

I have received and read the CDC concussion fact sheets provided to me by Martha's Vineyard Elementary School.

Student's Name: ___________________________ Parent's Name: ___________________________

Student's Signature: ___________________________ Parent's Signature: ___________________________

Date: ___________________________ Date: ___________________________