

## Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. Concussions are often caused by an impact to the head, or to another part of the body, with the force transmitted to the head. Concussions disrupt the way the brain normally works, and vary greatly in severity. 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. You can't see a concussion, and most sports concussions occur without loss of consciousness. Signs and symptoms may show up right away, or can take hours or days to fully appear. Seek medical attention immediately if you suspect your child has suffered a concussion.

Signs observed by teammates, parents, or coaches may include that the athlete:

- . Appears dazed or confused
- . Has a vacant facial expression ("blank stare")
- . Is unsure of events of game, score, opponent
- . Confused about assignment
- . Moves clumsily/appears uncoordinated
- . Can't recall events from before the injury
- . Has slurred speech
- . Answers questions slowly or can't answer
- . Can't recall events from after the injury
- . Loses Consciousness Has seizures or convulsions
- . Shows behavior or personality changes

Symptoms may include one or more of the following:

- . Headaches "Pressure in head"
- . Nausea/vomiting
- . Neck pain Balance problems or dizziness
- . Blurred or double vision
- . Drowsiness Amnesia Feels sluggish or slowed down
- . Sadness Mood/emotional changes
- . Memory problems Confusion Repeats same question/comments
- . Fatigue/no energy
- . Changes in sleep patterns
- . Feeling foggy or groggy
- . Sensitive to light or noise
- . Nervousness or anxiety
- . Concentration problems

What happens if my child keeps playing with a concussion or returns too soon?

Athletes with signs/symptoms of a concussion should be removed from play immediately. Continuing to play while experiencing signs or symptoms of a concussion leaves the athlete especially vulnerable to greater injury. There is

increased risk of significant brain damage from a concussion for a period of time after that 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 teenage athletes will often underreport symptoms of injuries – concussions are no different. We urge parents to be especially vigilant and watchful, as they know their child best, and are best able to notice changes in the child that may result from a concussion.

If you think your child has suffered a concussion

If you notice signs or symptoms of a concussion in your child, seek immediate medical attention right away from a licensed healthcare provider trained in the evaluation and management of concussions, or your hospital’s Emergency Department. Any athlete suspected of suffering a concussion must be removed from the game or practice immediately, and may not return until the athlete is evaluated (and cleared in writing) by a licensed healthcare provider trained in the evaluation and management of concussions. This only includes Physicians (MD or DO), Athletic Trainers (AT/L), Nurse Practitioners (ARNP) and Physician Assistants (PA-C).

Please keep a copy of this sheet for your reference at home. Please sign this sheet, indicating you have read and understand the information it contains, and return it to PCLC Program Director. More information about concussions is available at [www.cdc.gov/ConcussionInYouthSports/](http://www.cdc.gov/ConcussionInYouthSports/) .

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Student-Athlete Name  
(Please Print)

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Date

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Student-Athlete  
(Signature)

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Parent/Guardian Name  
(Please Print)

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Date

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Parent/Guardian  
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Parent/Guardian Name  
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Parent Guardian  
(Signature)