

MERCED HIGH SCHOOL

Concussion Information/Protocol Form

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, but not limited to: brain damage and death if not recognized or managed properly.** In other words, a seemingly minor “ding” or bump can be a serious injury. Concussions are not visible, and most often occur without loss of consciousness. Sign and symptoms of a concussion may appear immediately following an injury, but may take hours or days to fully appear. If your child reports or displays any symptoms of concussion, seek medical attention immediately.

Concussion Symptoms May Include One or More of the Following:

- Headache
- “Pressure” in Head
- Nausea or Vomiting
- Neck Pain
- Balance Problems/Dizziness
- Blurred, Double, or Fuzzy Vision
- Sensitivity to Light or Noise
- Feeling Sluggish or Slowed Down
- Feeling Foggy or Groggy
- Drowsiness
- Change in Sleep Patterns
- Amnesia
- “Don’t Feel Right”
- Fatigue or Low Energy
- Sadness
- Nervousness or Anxiety
- Irritability
- Emotional High/Low
- Confusion
- Concentration/Memory Problems (i.e. forgetting game plays)
- Repeating of Same Question/Comment

Concussion Signs Observed by Parents, Teammates, or Coaches May Include:

- Dazed Appearance
- Blank Facial Expression
- Confused by Assignment
- Forgets Plays
- Unsure of Game, Score, Opponent
- Clumsy Movements
- Slowly Answers Questions
- Slurred Speech
- Behavior/Personality Changes
- Unable to Recall Events Before or After Hit
- Seizures or Convulsions
- Loss of Consciousness

What May Happen if My Athlete Keeps Playing or Returns Too Soon?

Athletes with any signs or symptoms of concussion should be removed from play immediately. Continuing to play with any symptoms of concussion creates a larger risk of injury and damage, especially if the athlete suffers another concussion prior to recovery from the first. This may lead to

complications including, but not limited to: prolonged recovery, brain swelling, brain damage, or even death. It is common for adolescents to underestimate or not report symptoms of injuries. Education of staff, coaches, parents, and students is key for your athlete's safety.

What Do I Do if I Think My Athlete Has Suffered a Concussion?

An athlete that is even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to athletic activity after a head injury or concussion, regardless of how mild it may appear or symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. CIF Bylaw 313 requires implementation of the following guidelines:

“A student-athlete who is suspected of sustaining a concussion or head injury in practice or game shall be removed from competition at that time and for the remainder of the day.”

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed healthcare provider, trained in the evaluation and management of concussion, and received written clearance to return to play from the healthcare provider.”

You must inform your athlete's coach if you think that he/she has suffered a concussion. It is best to miss one game, rather than an entire season.

And...when in doubt, the athlete sits out!

For further information, please visit:
<http://www.cdc.gov/concussion/HeadsUp/youth.html>

_____ Student-Athlete Name	_____ Student-Athlete Signature	_____ Date
_____ Parent/Guardian Name	_____ Parent/Guardian Signature	_____ Date

Prevention, C. f. (2011, December 14). *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved April 17, 2012, from Centers for Disease Control and Prevention: <http://www.cdc.gov/concussion/HeadsUp/youth.html>