

RSU 40 Concussion Information Sheet

Parents and Student-Athletes:

Please read, sign, and keep a copy. You must turn in a signed form prior to the start of practice.

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 prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your student-athlete reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headache
- “Pressure in head”
- Nausea or vomiting
- Balance problems or 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
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More Emotional
- Confusion
- Concentration or memory problems
- Repeating the same question/comment
- Amnesia

Signs observed by teammates, parents or coaches include:

- Appears dazed
- Vacant facial expressions
- Confused about assignments
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Shows behavior or personality changes
- Can’t recall events prior to hit

- Can't recall events after hit
- Seizures or convulsions
- Loses consciousness
- Slurred Speech
- Any change in typical behavior/personality

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant 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 adolescent or teenage athletes will often under report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you suspect your child has suffered a concussion

Any athlete even suspected of suffering a concussion will be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without clearance from a licensed health care provider. Close observation of the athlete should continue for several hours. RSU 40 requires the consistent and uniform implementation of well-established return to play concussion guidelines that have been recommended for several years and reflected in Board policy.

Any student suspected of having sustained a concussion or other head injury during a school-sponsored athletic activity including but not limited to competition, practice or scrimmage, must be removed from the activity immediately.

No student will be permitted to return to the activity or to participate in any other school-sponsored athletic activity on the day of the suspected concussion.

Any student who is suspected of having sustained a concussion or other head injury will be prohibited from further participation in school-sponsored athletic activities until they have been evaluated and received written medical clearance to do so from a licensed health care provider, has returned to full academics, completed the *Zurich Progression Graduated Return to Play Protocol* administered by the certified athletic trainer, and been given final clearance by the athletic director.

Graduated Return to Play Protocol

When a student athlete is completely symptom free at rest and has the approval of a licensed health care provider they may begin a graduated return to play protocol.

Step 1: Light aerobic exercise: Intensity below 70%; no resistance training.

Step 2: Sport-specific exercise: Running, skating drills, no head impact drills.

Step 3: Non-contact training drills: Progression to more complex training drill; may start resistance training.

Step 4: Full-contact practice: Following a licensed health care provider's clearance; participate in normal training.

Step 5: Return to play: Normal game play.

If at any time post-concussion symptoms occur during the graduated return, there will be at minimum a 24 hour rest period. Once asymptomatic following the rest period, the athlete will drop back to the previous level and the progression will continue.

You should also inform your child's coach if you think your child may have a concussion. Remember, it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<https://www.cdc.gov/headsup/index.html>

Student-Athlete Name Printed	Student-Athlete Signature	Date
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Parent/Legal Guardian Printed	Parent/Legal Guardian Signature	Date
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Adopted: November 1, 2012

Reviewed: April 4, 2019
Revised: August 6, 2020