



PARENT & ATHLETE CONCUSSION INFORMATION SHEET

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 a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS

Signs and symptoms of concussions 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 head or body, s/he should be kept out of play the day of the injury.

The athlete must be kept out of play until written permission is given from a health care professional experienced in evaluating concussions.

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 things:

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

OTHER IMPORTANT FACTS

- Most concussions occur without loss of consciousness
- Those who have had a concussion at any point in their lives have an increased risk to have another
- Young children and teens are more likely to get a concussion and take longer to recover

SYMPTOMS REPORTED BY ATHLETES

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy, or groggy
- Memory or concentration problems
- Confusion
- Not “feeling right” or “feeling down”

SIGNS OBSERVED BY COACH/INSTRUCTOR

- Participant appears dazed or stunned
- Participant is confused and/or answers slowly
- Participant forgets instruction, score, opponent, etc
- Participant moves clumsily
- Participant loses consciousness (even briefly)
- Participant shows mood or behavior changes
- Participant can’t recall events before or after hit/fall

WHAT TO DO IF YOU THINK THERE MIGHT BE A CONCUSSION

1. Remove participant from activity and seek medical attention. Do not try and judge severity yourself. *Keep participant out of activity for the remainder of the day and wait for a health care professional to evaluate and say that s/he is symptom-free and OK to return and bring notification to that effect.*
2. Rest is the key to recovery. Participating in exercise or activities that require concentration may cause symptoms to reappear or get worse. After a concussion, returning to any activity should be gradual and with monitoring by a health care professional.
3. Remember, concussions affect different people differently. Some may have symptoms for days or weeks, and those that are more severe may last for months or longer.

WHY YOU SHOULD REPORT SYMPTOMS

If a person has a concussion, his/her brain needs time to heal. While the brain is healing, it is more likely to have another concussion. Repeat concussions can increase the time to recover. In rare cases, repeated concussions can result in brain swelling or permanent damage, or can even be fatal. Urgent medical attention is important to minimize damage and help in healing.

EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and/or the Concussion Fact Sheet for Students provided by Cedar Springs Area Parks and Recreation.

Participant Name Printed: _____

Parent Name Printed: _____

Date: _____ Parent Signature: _____