



Parents and Student-Athletes: Please read, sign and keep a copy.

You must turn in a signed copy prior to the start of practice.

Roanoke Catholic School **Concussion Information Sheet**

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,” “getting your bell rung,” 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:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy
- Amnesia
- “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
- Change in sleep patterns

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expressions
- Confusion about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays uncoordination
- Answers questions slowly
- Shows behavior or personality changes
- Can’t recall events prior to event
- Can’t recall events after event
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness
- Slurred Speech

*Adapted from the CDC, AAP and 3rd International Conference on Concussion in Sport
Concussion information sheet

Parent/Guardian Copy



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

Student-athletes with the signs and symptoms of concussions should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the student-athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after the concussion occurs, particularly if the student-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 student-athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and student-athletes is the key for the student-athlete's safety.

If you think your student-athlete has suffered a concussion

Any student-athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No student-athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the student-athlete should continue for several hours. Roanoke Catholic School requires the consistent and uniform implementation of well-established "return to play" concussion guidelines that have been recommended for several years:

"A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time" and "...may not return to play until the student-athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider, which will initiate the 'Gradual Return to Sports Participation Program' (see Form 3)"

You should also inform your child's coach if you think that 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:
<http://www.cdc.gov/Concussions>

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

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