

HEADS*UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **PARENTS**

What is a concussion?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

What are the signs and symptoms of a concussion?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

SYMPTOMS REPORTED BY ATHLETE	SIGNS OBSERVED BY PARENTS/GUARDIANS
<ul style="list-style-type: none"> • Headache or "pressure" in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems 	<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (even briefly)
<ul style="list-style-type: none"> • Confusion • Just "not feeling right" or "feeling down" 	<ul style="list-style-type: none"> • Shows mood, behavior, or personality changes

How can you help your child prevent a concussion or other serious brain injury?

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

What should you do if you think your child has a concussion?

SEEK MEDICAL ATTENTION RIGHT AWAY. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

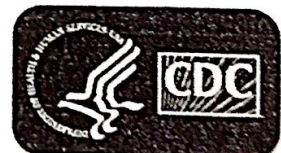
KEEP YOUR CHILD OUT OF PLAY. Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

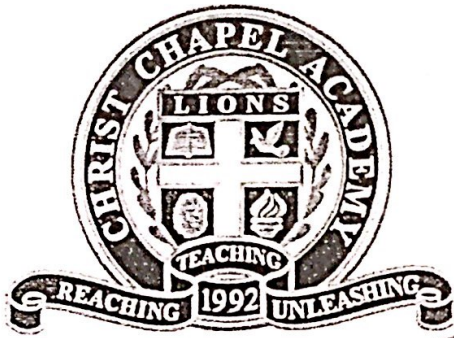
TELL YOUR CHILD'S COACH ABOUT ANY PREVIOUS CONCUSSION. Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

If you think your teen has a concussion:
 Don't assess it yourself. Take him/her out of play.
 Seek the advice of a health care professional.

It's better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.





- I understand that it is my responsibility to report all injuries and illnesses to my coach/assistant coach.
- I have read and understand the "CDC HEADS UP CONCUSSION IN HIGH SCHOOL SPORTS - A FACT SHEET FOR PARENTS."

After reading the "CDC HEADS UP CONCUSSION IN HIGH SCHOOL SPORTS - A FACT SHEET FOR PARENTS" I am aware of the following information:

_____ A concussion is a brain injury, which I am responsible for reporting to my coach/assistant
INITIAL coach.

_____ A concussion can affect my ability to perform everyday activities, and affect reaction time,
INITIAL balance, sleep and classroom performance.

_____ You cannot see a concussion, but you might notice some of the symptoms right away.
INITIAL Other symptoms can show up hours of days after the injury.

_____ If I suspect a teammate has a concussion, I am responsible for reporting the injury to my
INITIAL coach/assistant coach.

_____ I will not return to play in a game or practice if I have received a blow to the head or body
INITIAL that results in concussion-related symptoms.

_____ Following concussion, the brain needs time to heal. You are much more likely to have a
INITIAL repeat concussion if you return to play before your symptoms resolve.

_____ In rare cases, repeat concussions can cause permanent brain damage and even death.
INITIAL

Signature of Student Athlete

Date

Printed Name of Student Athlete

Signature of Parent/Guardian

Date

Printed Name of Parent/Guardian

*"In the same way, let your light shine before others,
that they may see your good deeds and glorify your Father in heaven." Matthew 5:16 (NIV)*