



Camas School District Concussion Information Sheet

A concussion is a brain injury and is quite serious. Concussions 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 functions. Although 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 hours and even days to fully appear. If your student 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:

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| • Headaches | • Feeling foggy or groggy | • More emotional |
| • “Pressure in head” | • Drowsiness | • Confusion |
| • Nausea or vomiting | • Change in sleep patterns | • Concentration or memory problems (forgetting game plays) |
| • Neck pain | • Amnesia | • Repeating the same question/comment |
| • Balance problems or dizziness | • “Don’t feel right” | |
| • Blurred, double, or fuzzy vision | • Fatigue or low energy | |
| • Sensitivity to light or noise | • Sadness | |
| • Feeling sluggish or slowed down | • Nervousness or anxiety | |
| | • Irritability | |

Signs observed by teammates, parents and coaches include:

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| • Appears dazed | • Moves clumsily or displays in-coordination | • Can’t recall events before hit |
| • Vacant facial expression | • Answers questions slowly | • Can’t recall events after hit |
| • Confused about assignment | • Slurred speech | • Seizures or convulsions |
| • Forgets plays | • Shows behavior or personality changes | • Any change in typical behavior or personality |
| • Is unsure of game, score, or opponent | | • Loses consciousness |

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 in spite of signs/symptoms of a concussion leaves the 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 the adolescent or teenage athlete 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 safety.

If you think your child has suffered a concussion

Any athlete suspected of suffering a concussion should 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 medical clearance. Close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years: “a youth 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 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.”

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, up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports>

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date