

CPBA Concussion / Head Injury Information Sheet

Why am I receiving this information?

The following is intended to keep CPBA compliant with AB 2007, effective January 1, 2017, that added Article 2.5 (commencing with Section 124235) to Chapter 4 of Part 2 of Division 106 of the Health and Safety Code, relating to youth athletics. In brief, it requires as follows:

1. An athlete who is suspected of having sustained a concussion or other head injury during a practice or game must be removed from the activity for the remainder of the day.
2. Any athlete removed for this reason must receive a written note from a medical doctor (MD) or doctor of osteopathic medicine (DO) trained in the management of concussion before returning to practices or games.
3. Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the organization by the athlete AND the parent or guardian.

What is a concussion and how would I recognize one?

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with the force that shakes the head. Concussions can appear in any sport, and can look different in each person.

Most concussions get better with rest and over 90% of athletes fully recover. However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage or even death.

Most concussions occur without being knocked out. Signs and symptoms of concussion may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some signs and symptoms, seek medical evaluation from your physician trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 to take him or her immediately to the emergency department of your local hospital.

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

Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion. Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion. Even though a traditional brain scan (e.g., MRI or CT) may be "normal", the brain has still been injured. Animal and human research studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences as severe as death.

There is an increasing concern that head impact exposure and recurrent concussions may contribute to

long-term neurological problems. One goal of this concussion program is to prevent a too early return to play so that serious brain damage can be prevented.

Signs observed by teammates, parents and coaches include:	
<ul style="list-style-type: none"> ● Looks dizzy ● Looks spaced out ● Confused about plays ● Forgets plays ● Is unsure of game, score, or opponent ● Moves clumsily or awkwardly ● Answers questions slowly 	<ul style="list-style-type: none"> ● Slurred speech ● Shows a change in personality ● Can't recall events before or after the injury ● Seizures ● Any change in typical behavior or personality ● Passes out

Symptoms may include one or more of the following:	
<ul style="list-style-type: none"> ● Headaches ● "Pressure in head" ● Nausea or throws up ● Neck pain ● Has trouble standing or walking ● Blurred, double, or fuzzy vision ● Bothered by light or noise ● Feeling sluggish or slowed down ● Feeling foggy or groggy ● Drowsiness ● Change in sleep patterns 	<ul style="list-style-type: none"> ● Loss of memory ● "Don't feel right" ● Tired or low energy ● Sadness ● Nervousness or feeling on edge ● Irritability ● More emotional ● Confused ● Concentration or memory problems ● Repeating the same question/comment

How is Return to Play (RTP) determined?

Concussion symptoms should be completely gone before returning to competition. A RTP progression involves a gradual, stepwise increase in physical effort, sports-specific activities and the risk for contact. If symptoms occur with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from an MD or DO trained in the evaluation and management of concussions, and a step-wise progression program directed / supervised by the MD or DO. Please see cifstate.org for a [graduated return to play plan](#). **AB 2007, a California state law effective 1/1/17, states that return to practices or games can be no sooner than 7 days after a graduated return to play protocol is initiated by the athlete's physician (MD or DO).**

Final Thoughts for Parents and Guardians:

It is well known that athletes will often not talk about signs of concussions, which is why this information sheet is so important to review with them. Teach your child to tell the coaching staff if he or she

experiences such symptoms, or if he or she suspects that a teammate has had a concussion. You should also feel comfortable talking to the coaches about possible concussion signs and symptoms that you may be seeing in your child.

References:

CIF website and documents

American Medical Society for Sports Medicine position statement: concussion in sport (2013)

Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

I, the undersigned, acknowledge that I have received and read the CPBA Concussion Information Sheet.

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Student-Athlete Name
Printed

Student-Athlete
Signature

Date

Parent or Legal Guardian
Printed

Parent or Legal Guardian
Signature

Date