

Parent/Athlete/Student Concussion Information Sheet



A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding”, “getting your bell rung”, or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF 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 a student/athlete reports **one or more** symptoms of concussion listed below after a bump, blow or jolt to

Did You Know?

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

the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

SIGNS OBSERVED BY PE TEACHERS/COACHING STAFF

SYMPTOMS REPORTED BY STUDENTS

Appears dazed or stunned

Headache or “pressure” in head

Is confused about assignment or position

Nausea or vomiting

Forgets and instruction

Balance problems or dizziness

Is unsure of game, score or opponent

Double or blurry vision

Moves clumsily

Sensitivity to light

Answers questions slowly

Sensitivity to noise

Loses consciousness (even briefly)

Feeling sluggish, hazy, foggy, or groggy

Shows mood, behavior, or personality changes

Concentration or memory problems

Can't recall events *prior* to hit or fall

Confusion

Can't recall events *after* hit or fall

Just not “feeling right” or “feeling down”

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. A student/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 danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but 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 of consciousness should be taken seriously*)

WHY SHOULD A STUDENT/ATHLETE REPORT THEIR SYMPTOMS?

If a student/athlete has a concussion, his/her brain needs time to heal. While a student's/ athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

ImPACT Info

Beginning with the Fall, 2012, sport season, the Walton Central School will implement ImPACT (Immediate Post-Concussion Assessment and evaluation Testing). ImPACT is a scientifically validated computerized concussion evaluation system. ImPact was developed to provide useful information to qualified practitioners in making sound return to play decisions following concussions. Baseline assessments will be administered to all Walton School student-athletes and post-concussive assessments will be administered as necessary at no cost to students or families.

For more information on concussions visit: www.cdc.gov/Concussion.

Remember

Concussions affect people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR STUDENT/ATHLETE HAS A CONCUSSION?

If you suspect that a student/athlete has a concussion, remove the student from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the student out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.