

CONCUSSION INFORMATION FORM



What is a concussion?

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. A concussion 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” or a bump on the head can be serious.

What are the signs and Symptoms?

You can't see a concussion and most sports and other activity 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 a child or adult reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms Reported by Participant

- Headaches or “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
- Drowsiness; feeling foggy or groggy
- Change in sleep patterns
- Amnesia
- “Don't feel right”
- Fatigue or low energy
- Sadness, nervousness or anxiety
- Irritability or more emotional
- Confusion or concentration and memory problems
- Repeating the same question/comment

Symptoms observed by staff, teammates or family

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

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 participant 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 gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness
- Convulsions or seizures

What should you do if you think an adult or youth has a concussion?

- 1) Any person even suspected of suffering a concussion should be removed from participation immediately and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the individual out of the activity for the day of the injury and until a health care professional experienced in evaluating concussions says in writing that s/he is symptom-free and is cleared to return to normal play. No person may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance.
- 2) Rest is the 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 and playing video games may cause the symptoms to reappear or get worse. After a concussion, returning to sports, activity, school or job is a gradual process that should be carefully managed and monitored by a health care professional.
- 3) Remember: Concussions affect people differently. While most people with a concussion recover quickly and fully, some will have symptoms that last days or even weeks. A more serious concussion can last for months or longer.

Why should a participant report their symptoms?

If a participant has a concussion, his or her brain needs time to heal. While the 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 can result in brain swelling, permanent damage to the brain, and/or death.

You should inform a BIMPRD staff member if you think that you or your child may have a concussion. When in doubt, the participant sits out. For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/ConcussionInYouthSports/index.html>

I agree that if my signature is provided to the District via electronic means (e-mail, fax or otherwise), it shall nonetheless be deemed the equivalent of my original signature for all purposes. Please sign this form acknowledging that you have read this information:

Participant Name: _____ Participant Signature: _____ Date: _____

Parent/Guardian Name: _____ Parent Signature: _____ Date: _____

(for those under 18 years of age)