

CONCUSSION IN SPORTS



A FACT SHEET FOR ISLAND UNION ELEMENTARY SCHOOL DISTRICT ATHLETES AND PARENTS

What is a concussion?

A concussion is a brain injury that:

- ✓ Is caused by a bump, blow or jolt to the head or body.
- ✓ Is always serious and can change the way your brain normally works.
- ✓ Can occur during practices or games in any sport or recreational activity.
- ✓ Can happen even if you haven't been knocked out.
- ✓ Can be serious even if you've just been "dinged" or "had your bell rung."

What are the signs and symptoms?

Signs Observed By Parents or Guardians	Symptoms Reported by Athlete
<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 opponents • Moves clumsily • Loses consciousness (even briefly) • Shows mood, behavior, or personality changes • Can't recall events prior to hit or fall • Can't recall events after hit or fall 	<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 or noise • Feeling sluggish, hazy foggy or groggy • Concentration or memory problems • Confusion • Just not "feeling right" or "feeling down"

For more information contact our School Nurse, Alane Warren, at the following: 589-2635

What to do if you suspect a concussion:

- ❖ **Tell the coach and school nurse.** They need to know if you suspect a concussion. They also need to know if there has been a previous concussion.
- ❖ **Seek medical attention.** A health care professional experienced in evaluating concussions will be able to diagnose and treat a concussion and determine when it is safe to return to play. You cannot return to an Island Union School District activity until a qualified medical provider indicates it is safe to do so.
- ❖ **Stay out of play and recover.** A brain with a concussion needs time to heal. While a brain is still healing, there is a greater chance of increased problems with a repeat injury. Repeat concussions can slow recovery and increase the likely hood of long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage and even death.
- ❖ **Tell your principal and teachers.** A concussion can impact a student's ability to do school work and other activities, such as computer use, studying, driving or exercising. If needed, your teachers and school nurse can help adjust school activities during the recovery period.

Preventing Concussion:

While each sport is different, there are steps every athlete can take.

- ✓ Use the proper sports equipment. Wear the right equipment for the game or position, make sure it fits and wear it correctly.
- ✓ Follow the coach's rules for safety and the rules of the sport.
- ✓ Practice good sportsmanship at all times.

CONCUSSION IN SPORTS PARENT/STUDENT ACKNOWLEDGMENT AND CONSENT

The Island Union School District requires that each athlete, and each athlete's parent/guardian, receive a copy of its fact sheet entitled "CONCUSSION IN SPORTS, A FACT SHEET FOR Island Union School District ATHLETES AND PARENTS. This fact sheet sets forth a description of the nature and risks of concussion.

Parents and athletes, should review the Fact Sheet, discuss it at home, and direct any questions to the coach, school nurse or site principal.

Parents and athletes need to annually acknowledge receipt of "CONCUSSION IN SPORTS, A FACT SHEET FOR ISLAND UNION SCHOOL DISTRICT ATHLETES AND PARENTS" prior to trying out for sports teams.



STUDENT ACKNOWLEDGEMENT (Required for all athletes)

I ACKNOWLEDGE THAT I HAVE RECEIVED A COPY OF "CONCUSSION IN SPORTS, A FACT SHEET FOR ISLAND UNION SCHOOL DISTRICT ATHLETES AND PARENTS," and understand its contents.

Student Signature

Date

Print Name



PARENT/GUARDIAN ACKNOWLEDGEMENT

Parent/guardian signature is required for all athletes under 18 years of age.

I acknowledge that I have received a copy of "CONCUSSION IN SPORTS, A FACT SHEET FOR ISLAND UNION SCHOOL DISTRICT ATHLETES AND PARENTS," and understand its contents.

Parent/Guardian Signature

Date

Print Name