

## Concussion Parent Info Sheet

### **What is a concussion?**

A concussion is a type of [traumatic brain injury](#), or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious. Concussions can occur in *any* sport or recreation activity. So, all coaches, parents, and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs. Source: <http://www.cdc.gov/concussion/sports/>

### **Signs for parents or guardians to observe**

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just “doesn't feel right.”

**Most concussions occur without loss of consciousness.** *If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:*

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

### **Symptoms Reported by Athletes with Concussions**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

Source: [http://www.cdc.gov/concussion/pdf/parents\\_Eng.pdf](http://www.cdc.gov/concussion/pdf/parents_Eng.pdf)

### **Student-Athlete Protection Act (Code of Virginia § 22.1-271.5)**

- The Student-Athletic Protection Act states that each school division will set forth policies and procedures in managing sport concussions. All parents and their student-athletes must be informed yearly of the school division's policies and guidelines for the management of concussions. Following their review of the standards they must sign a statement acknowledging receipt of the information. *The student-athlete is not permitted to participate in school sports until the signature of receipt is received by the school.*

- Additionally, if an athlete is suspected of having a concussion they are to be removed from activity until evaluated by a licensed health care provider (Certified Athletic Trainer, Physician, or Nurse Practitioner are the only qualified health care providers according to the Virginia Department of Education).

**GCPS return-to-play protocol**

**1. No member of a school athletic team shall participate in any athletic event or practice the same day he or she is injured and:**

- a. exhibits signs, symptoms or behaviors attributable to a concussion; or**
- b. has been diagnosed with a concussion.**

**2. No member of a school athletic team shall return to participate in an athletic event or training on the days after he/she experiences a concussion unless all of the following conditions have been met:**

- a. the student no longer exhibits signs, symptoms or behaviors consistent with a concussion, at rest or with exertion;**
- b. the student is asymptomatic during, or following periods of supervised exercise that is gradually intensifying; and**
- c. the student receives a written medical release from a licensed health care provider.**

**3. The Goochland Athletic Department will follow the guidelines set forth by the *Zurich Consensus Statement*.**

**Resources**

- The *Zurich Consensus Statement* (November 2008) return to play guidelines <http://www.sportconcussions.com/html/Zurich%20Statement.pdf>
- The *American Academy of Pediatrics Concussion Guidelines* (August 2010) <http://www.aafp.org/afp/2001/0915/p1007.html> and also check out a more recent report by the AAP at <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;126/3/597> and <http://www.aap.org/advocacy/releases/aug3010studies.htm>
- Center for Disease Control <http://www.cdc.gov/concussion/sports/>
- Parent Factsheet - The ABCs of Concussions [http://www.cdc.gov/concussion/pdf/TBI\\_factsheets\\_PARENTS-508-a.pdf](http://www.cdc.gov/concussion/pdf/TBI_factsheets_PARENTS-508-a.pdf)

**Acknowledgement of receipt of information**

I read and understand concussion symptoms and will comply with the GCPS return-to-play protocol.

Students' printed name: \_\_\_\_\_

Parent or guardian's printed name: \_\_\_\_\_

Parent or guardian's signature: \_\_\_\_\_

Date: \_\_\_\_\_

Have you ever had a concussion? Y N How many? \_\_\_\_\_

When did they occur? \_\_\_\_\_