

# HEAD INJURY/CONCUSSION ACKNOWLEDGEMENT FORM

## GROSS CATHOLIC HIGH SCHOOL

I understand there is a possibility that participation in any sport may result in a head injury and/or concussion. Furthermore, I have been provided with the *Parent and Student Athlete Concussion Information and Fact Sheet* and understand the importance of reporting a head injury and/or concussion to parents, coaches and athletic training staff.

After reading the *Parent and Student Athlete Concussion Information and Fact Sheet*, I am aware of the following information:

- A concussion is a brain injury, which I am responsible for reporting;
- A concussion can affect one's ability to perform everyday activities, affect reaction time, balance, sleep quality, and classroom performance;
- A student athlete will not be allowed to return to a game or practice until cleared by a Licensed Health Care Professional;
- Following a concussion, the brain needs time to heal. There is an increased likelihood for a repeat concussion if the individual returns to play before symptoms have resolved;
- In certain instances, repeat concussion can cause permanent brain damage, even death; and
- At any point following a suspected concussion, any of the following individuals reserves the right to voice concern for the safety of a student athlete and prohibit him or her from returning to play: *physician, coach, student athlete, athletic trainer, and parent.*

***By signing below, I understand the importance of the statements above. I further understand that I will not be allowed to participate in athletics until this form is signed by a parent/guardian & student athlete.***

***I hereby attest that I have read, fully understand, and will abide by the above statements.***

***Student Athlete Name*** \_\_\_\_\_

***Sport(s)*** \_\_\_\_\_

***Student Athlete Signature*** \_\_\_\_\_ ***Date*** \_\_\_\_\_

***Parent/Guardian Signature (required)*** \_\_\_\_\_ ***Date*** \_\_\_\_\_



Concussions may result from sudden trauma, such as sports injuries that cause the brain to hit the inside of the skull.

According to a study by McCrea published in 2004,

**The top reasons for athletes' not reporting concussions were:**

1. Didn't think the concussion was serious.
2. Didn't want to leave the game.
3. Didn't realize a concussion was sustained.
4. Didn't want to let down their teammates.

## Gross Catholic High School Parent and Student Athlete Concussion Information and Fact Sheet

### Did You Know?

According to the Center for Disease Control and other publications:

- Each year 300,000 athletes suffer sports-related concussions.
- The national estimate for concussions in high school athletes is 136,000.
- In ages 15-24, sports are the 2nd leading cause of traumatic brain injury.
- Most studies done on concussions focus on the "mature" brain and thus, we cannot ignore the fact that the young brain is still developing and the effects of concussions are not fully understood.
- High school athletes who sustain a concussion demonstrate prolonged memory dysfunction compared with college athletes.
- A concussion is: "getting your bell rung," and "getting dinged."
- Failure to recognize and properly manage a concussion can lead to a catastrophic injury.
- Second impact syndrome can be catastrophic, even fatal.
- Second impact syndrome is preventable – if concussions are recognized and properly managed.
- On April 18, 2011, LB 260 – "The Concussion Awareness Act" was signed into law with the intent to protect the youth participating in athletics across the state from the dangers of concussions that are often unrecognized, undiagnosed, and/or mismanaged

*Sources:*

1. Center for Disease Control, "Heads Up: Concussion in High School Sports." [www.cdc.gov](http://www.cdc.gov)
2. Gessel, LM et al. Concussions Among US High School and College Athletes. *Journal of Athletic Training*. 2007; 43(4): 495-203
3. Guskiewicz, KM et al. NATA Position Statement: Management of Sports Related Concussions. *Journal of Athletic Training*. 2004; 39(3) 280-297

### WHAT DOES A CONCUSSION LOOK LIKE?

<b>SIGNS:</b>	<b>SYMPTOMS:</b>
1. Appears dazed or stunned	1. Headache or "pressure" in the head
2. Is confused about an assignment	2. Nausea
3. Forgets plays	3. Balance problems or dizziness
4. Moves clumsily or displays problems with balance and coordination	4. Double or fuzzy vision
5. Loses consciousness (even briefly)	5. Sensitivity to light or noise
6. Shows behavioral or personality changes	6. Feeling slowed down, foggy, or groggy
	7. Does not "feel right"

**Guidelines For Concussion Management:**

<b>GOAL</b>	<b>GOAL</b>
To prevent increasing the severity of the injury.	To prevent re-injury through proper management.
<b>Guideline</b>	<b>Guideline</b>
<p>All concussions will be assessed using guidelines established by the 2008 International Conference on Concussion in Sport.</p> <p><i>For complete details, please see your school's Certified Athletic Trainer.</i></p> <p><i>BRAIN INJURIES (CONCUSSIONS) SHOULD NOT BE TAKEN LIGHTLY. ONLY THOUGH IMMEDIATE AND EARLY RECOGNITION AND PROPER MANAGEMENT, CAN WE PREVENT A POTENTIALLY LIFE ALTERING EVENT.</i></p>	<p>1. A student athlete will be removed from a practice or game when he or she is reasonably suspected of sustaining a concussion or head injury;</p> <p>2. The student athlete will be evaluated by qualified medical personnel;</p> <p>3. The student athlete will not be allowed to return to practice or competition until he or she is asymptomatic, has been cleared by a licensed health care professional and has completed a medically supervised stepwise return to play progression.</p> <p><i>For complete details, please see your school's Certified Athletic Trainer.</i></p>

**If your son or daughter has sustained a concussion:**

1. Seek medical attention (physician, ER, athletic trainer)
2. Keep them out of play
3. Tell all athletic trainers and coaches about any previous or current concussions

*Source: Center for Disease Control (www.cdc.gov)*

*Resources for information on concussions and this policy may be found:*

1. *Center for Disease Control*  
**www.cdc.gov**
2. *Concussion Wise*  
**www.concussonwise.com**
3. *National Athletic Trainers Association*  
**www.nata.org**
4. *National Federation of State High Schools Association*  
**www.nfhs.org**

**~ What to Do if You Suspect Your Child Has Suffered a Concussion ~**

*A student athlete should be taken to the emergency (ER) department if any of the following signs or symptoms are present.*

- *Headaches that worsen*
- *Seizures*
- *Looks very drowsy and cannot be awakened*
- *Repeated vomiting*
- *Slurred speech*
- *Cannot recognize people or places*
- *Increasing confusion or irritability*
- *Weakness or numbness in arms or legs*
- *Neck pain*
- *Unusual behavior change*
- *Any loss of consciousness*
- *Any symptoms that worsen or do not improve overtime.*
- *Increase in the number of symptoms*
- *Symptoms which begin to interfere with the student's daily activities.*