

Concussion Guidelines

Information Sheet for Dodge City Public Schools



This form must be signed by a student-athlete and parent/guardian before the student participates in any athletic practice or contest each school year.

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury caused by a bump, blow or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. They can range from mild to severe and can disrupt the way the brain normally works.

IF YOU THINK YOUR CHILD HAS SUFFERED A CONCUSSION:

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete 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. Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think that your child may have a concussion.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury, but some symptoms may not show up for hours or days.

SPOTTING A CONCUSSION?

Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Loses consciousness
- Shows mood, behavior, or personality changes
- Can't recall events prior to or after a hit or fall

Symptoms Reported by Children and Teens

- Headache or pressure in head
- Nausea or vomiting
- Balance problems or dizziness
- Blurry, fuzzy, or double vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, concentration, or memory problems
- Just not "feeling right"
- Sadness or "feeling down"

To learn more, go to

[cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)

Concussions Affect Each Child and Teen Differently

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer.

WHAT CAN HAPPEN IF MY CHILD KEEPS ON PLAYING WITH A CONCUSSION OR RETURNS TOO SOON?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one (second impact syndrome). This can lead to prolonged recovery or even to severe brain swelling with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often underreport symptoms and injuries. Concussions are no different. As a result, education of administrators, coaches, parents, and students is the key for student-athletes safety.

RETURN TO PRACTICE OR COMPETITION

The Kansas School Sports Head Injury Prevention Act provides that if an athlete suffers or is suspected of having suffered a concussion or head injury during a competition or practice, the athlete must be immediately removed from the competition or practice and cannot return to practice or competition until a health care professional has evaluated the athlete and provided a written authorization to return to practice and competition. The KSHSAA recommends that an athlete not return to practice or competition the same day the athlete suffers or is suspected of suffering a concussion. The KSHSAA also recommends that an athlete's return to practice and competition should follow a graduated protocol under the supervision of the health care provider (MD or DO).

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that it is better to miss one game than the whole season.

Discuss the risks of concussion and other serious brain injuries with your child and sign below.

Parent/Legal Guardian's Name Printed: _____ Date: _____

Parent/Legal Guardian's Signature: _____

Athlete's Name Printed: _____ Date: _____

Athlete's Signature: _____