

LEECHBURG HIGH SCHOOL ATHLETICS

Concussion Information Sheet

WHAT IS A CONCUSSION?

A concussion is a disturbance in brain function that occurs following a bump, blow, or jolt to the head, or as a result of the violent shaking of the head. Concussions can occur during practices or games in any sport and can occur without loss of consciousness. Signs and symptoms of a concussion may show up right after the injury or can take hours or even days to fully appear.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

<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	<ul style="list-style-type: none">• Difficulty paying attention• Memory problems• Confusion• Does not "feel right"• Fatigue, drowsiness, or low energy• Nervousness, anxiousness, or irritability
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WHAT ARE THE SIGNS OF A CONCUSSION?

<ul style="list-style-type: none">• Appears dazed or confused• Is unsure of game, score, opponent• Forgets plays• Answers questions slowly• Slurred speech• Moves clumsily or displays in-coordination	<ul style="list-style-type: none">• Shows behavior or personality changes• Can't recall events prior to hit• Can't recall events after hit• Seizures or convulsions• Loses consciousness
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WHAT CAN HAPPEN IF MY ATHLETE KEEPS ON PLAYING WITH A CONCUSSION OR RETURNS TOO SOON?

Any athlete 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 may seem or how quickly symptoms may clear.

It is crucial to allow enough healing and recovery time following a concussion to prevent further damage. Most athletes who experience an initial concussion can recover completely as long as they do not return to contact sports too soon.

Following a concussion, there is a period of change in brain function that may last anywhere from 24 hours to 10 days. During this time, the brain may be vulnerable to more severe or permanent injury. If the athlete sustains a second concussion during this time period, the risk of permanent brain injury increases.

HOW CAN YOU PREVENT A CONCUSSION?

Every sport is not the same, but there are steps you can take to protect yourself.

- Follow the rules of the sport and your coach's rules for safety

- Practice good sportsmanship at all times
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, and mouth guards). In order for protective equipment to function properly, it must be:
 - The proper equipment for the game, position, or activity
 - Worn correctly and fit well
 - Used every time you participate

LEECHBURG HIGH SCHOOL ATHLETICS CONCUSSION PROTOCOL

The Certified Athletic Trainer will evaluate any student athlete that sustains a bump, blow, or jolt to the head during athletic participation. If the student athlete displays the signs and symptoms of a concussion during the evaluation, they will then be referred to a physician for further evaluation. The student must then be cleared or excused from athletic participation. **The student athlete cannot return to play until cleared by a physician.** Once the student athlete receives medical clearance from a physician, they will begin the return to play step-wise protocol that is outlined below.

RETURN TO PLAY STEP-WISE PROTOCOL

Following a suspected concussion, the athlete will be evaluated and administered the ImPACT test, which assists in making safe return-to-play decisions by comparing an athlete's brain function before and after a suspected concussion. The athlete will rest until completely asymptomatic, then they will begin a step-wise protocol prior to returning to play. This step-wise protocol consists of:

- Light aerobic exercise
- Sport-specific exercise
- Non-contact training drills
- Full contact training drills
- Return to contact sports if symptom-free, both at rest and with exercise and have ImPACT test results that have returned to baseline

If headache or other symptoms occur during any step, the activity will be stopped. The athlete will then wait 24 hours and start at the previous level again.

**Remember, it's better to miss one game than miss the whole season.
When in doubt, the athlete sits out.**

Athlete (Print Name)

Athlete Signature

Date

Parent/Guardian (Print Name)

Parent/Guardian Signature

Date