



# PARENT/GUARDIAN CONCUSSION INFORMATION

## What is a Concussion?

A type of traumatic brain injury caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth, changing the way the brain normally works.

## Did You Know?

- Most concussions occur without loss of consciousness.
- Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.
- Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

## Why Should An Athlete Report Their Symptoms?

- If an athlete has a concussion, his/her brain needs time to heal. Rest is key in recovering.
- While an athlete's brain is still healing, s/he is much more likely to have another concussion.
- Repeat concussions can increase the time it takes to recover.
- In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

## What Should You Do If You Think Your Athlete Has A Concussion?

- Remove your child from play.
- Do not try to judge the severity of the injury.
- Seek medical attention.
- Keep the athlete out of play until a health care professional, experienced in evaluating for concussion, says it is okay to return to play.

SIGNS OBSERVED BY COACH/PARENT	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Just not “feeling right” or “feeling down”

**The Following Concussion Danger Signs Represent a Medical Emergency:** Athlete has one pupil larger than the other, is drowsy or cannot be awakened, has a headache that not only does not diminish but gets worse, has weakness, numbness, or decreased coordination, repeated vomiting or nausea, slurred speech, convulsions or seizures, cannot recognize people or places, becomes increasingly confused, restless, or agitated, has unusual behavior, and/or loses consciousness.

## PARENT/GUARDIAN ACKNOWLEDGEMENT

In order to register, parents must check the box online to confirm the following:

- I, the parent/guardian hereby acknowledge receiving concussion information.
- I accept my responsibility to report my child's symptoms to OCPRD staff, coaches, and health care providers.
- I understand that my child must not have any concussion symptoms before returning to play and must have written permission from a health care provider trained in concussion management before returning to play.

*It is better to miss one game than the whole season. When in doubt, sit them out.*

For more information on concussions, visit: <https://www.cdc.gov/heads-up/about/index.html>