

Concussion Information Sheet for Athletes, Parents or Legal Guardians

What is a concussion? A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. The concussion may or may not cause you to black out or pass out. It can happen from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

How do I know if I have a concussion? There are many signs and symptoms that you may have after a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for the following symptoms:

Thinking	Physical	Emotional/Mood	Sleep
<ul style="list-style-type: none"> • Difficulty thinking clearly • Taking longer to figure things out • Difficulty concentrating • Difficulty remembering new information 	<ul style="list-style-type: none"> • Headache • Fuzzy or blurry vision • Feeling sick to your stomach/queasy • Vomiting/throwing up • Dizziness • Balance problems • Sensitivity to noise or light 	<ul style="list-style-type: none"> • Irritability- things bother you more easily • Sadness • Being more moody • Feeling nervous or worried • Crying more 	<ul style="list-style-type: none"> • Sleeping more than usual • Sleeping less than usual • Trouble falling asleep • Feeling tired

Table is adapted from the Centers for Disease Control and Prevention (<http://cdc.gov/concussions/>).

What should I do if I think I have a concussion? If you are having any of the signs and symptoms listed above, you should tell your parents, coach, athletic trainer, or school nurse, so you can get the help you need. If a parent notices these symptoms, he or she should inform the school nurse or athletic trainer.

When should I be particularly concerned? If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny or slurred, let an adult such as your parent, coach, or teacher know right away, so you can get the help you need before things get any worse.

What are some of the problems that may affect me after a concussion? You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early after a concussion, you may have long-term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once you have a concussion, you are more likely to have another concussion.

How do I know when it's ok to return to physical activity and my sport after a concussion? After telling your coach, your parents, and any available medical personnel that you think you have a concussion. According to the Benzie Central and POMH Concussion policy, you must follow the concussion management flow sheet and appropriate return to sport protocol administered by a trained appropriate medical profession (Athletic Trainer or Physical Therapist). Then be referred to a physician to be cleared by them. **You CAN NOT return to play or practice on the same day as your suspected concussion occurred due to MHSAA rules. You must have the official MHSAA unconditional return to sport form in order to return.**

You should not begin the return-to-play progression, until all symptoms are gone, both at rest and during and after activity, unless allowed to by Certified Athletic Trainer or other trainer

professional. Symptoms indicate that your brain has not yet recovered from the concussion and needs more rest.

**If there is anything on this sheet that you do not understand, please ask an adult to explain or read it to you.*

Athlete Name:

This form must be completed by every athlete, even if there are multiple athletes in the household.

Parent or Legal Guardian Name(s):

Review and sign even if athlete is 18 or older

We have read the "Athlete and Parent or Legal Guardian Concussion Information Sheet
If true, please check box

**Athlete
Initials**

**Parent or
legal
guardian
Initials**

After reading the information sheet, I am aware of the following information:

A concussion is a brain injury, which should be reported to my parents, my coach(es), or athletic trainer.

A concussion can affect the ability to perform everyday activities such as ability to think, balance, and perform in the classroom.

A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.

I will tell my parents, my coach, or athletic trainer about my injuries and illnesses.

Not Applicable

If I think a teammate has a concussion, I should tell my coach(es), parents or athletic trainer.

Not Applicable

I will not return to play in a game or practice if a hit to my head or body causes any concussion related symptoms.

Not Applicable

I will/my child will need written permission from a medical professional trained in concussion management to return to play or practice after a concussion, an athletic trainer then a doctor.

According to the latest data, most concussions take days or weeks to get better. A concussion may not go away right away. I realize that resolution from this injury is a process and may require more than 1 medical evaluation.

I realize that emergency department or urgent care physicians will not provide clearance if the patient is seen right away after the injury.

After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury, even death, if return to play or practice occurs before concussion symptoms go away.

Sometimes, repeat concussions can cause serious and long-lasting problems.

I have read and understand the concussion symptoms on the Concussion Information Sheet.

Signature of athlete

Date

Signature of Parent or Legal Guardian

Date