



Community Consolidated School District 21
Student Athlete Concussion Information Sheet and
Parent/Guardian and Student Acknowledgement Form

Board Policy 7:305 requires a program to manage concussions.

You and your child have requested your child participate in interscholastic sports. Pages 2 and 3 of this document provide information from the Illinois High School Association for parents/guardians and student athletes to understand about concussions. Additional information about concussions can also be found on the Center for Disease Contract and Prevention website: www.cdc.gov/ConcussionInYouthSports/.

Student athletes who sustain a concussion or suspected concussion during practice or competition, will be immediately removed from participation in athletic and any subsequent academic activities until the student is cleared by a physician or other licensed health care provider to return to learn and/or play. Parents/guardians will be immediately notified that a concussion or suspected concussion has occurred and the parent/guardian will need to ensure that the student athlete receives follow-up medical care as soon as possible. As with any other medical situation, if the need for medical attention is urgent, school staff will call 911 for immediate medical attention and will notify the parents.

It is also expected that students will notify their coaches immediately if they experience any symptoms of a concussion or believe that they may have sustained a concussion.

For a student to return to school for learning and athletic activities, parents/guardians must provide written documentation from the child's physician or health care provider indicating if a concussion has been sustained and if so, what follow-up treatments and protocols are to be followed. If a child has sustained a concussion, the school will follow protocols for the student to return to participating in athletic and academic activities based on the information provided by the physician/health care provider and which follow the guidelines set forth by School Code.

If a student sustains a concussion while participating in athletic pursuits outside of the school district, parents/guardians should also notify the school and provide the school with documentation from the child's physician or health care provider.

In order for your child to participate in interscholastic athletics and athletic activities within CCSD21, it is required that parents/guardians and the student athlete sign this form acknowledging that you have received and read the written information about concussions provided here and that you will comply with CCSD21 procedures.

Student Name: _____ **School:** _____

I have received and read the written information about concussions provided here and will adhere to the expectations outlined herein.

Signature of Parent/Guardian

Date

Signature of Student

Date

Concussion Information from Illinois High School Association

(adapted from the CDC and the 3rd International Conference on Concussion in Sport Document
created 7/1/2011; Reviewed 4/24/2013; Reviewed 7/16/2015)

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. 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.

Symptoms may include one or more of the following:

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| <ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns | <ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment |
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Signs observed by teammates, parents and coaches include:

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| <ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays incoordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can’t recall events prior to hit • Can’t recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness |
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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. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

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 medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy. You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

Reference:

<http://www.ihsa.org/documents/sportsMedicine/current/Sports%20Medicine%20Consent%20and%20Acknowledgement.pdf>