Parent Information Pack for Concussions

Dear Parent,

You are receiving this email because your child has or may have a concussion. At FIS, we want to safeguard the long term welfare of student-athletes so extra care is taken with concussions. You can learn more about concussions here.

As a parent, it can be helpful to be aware of your child's symptoms. We ask that you monitor your child during this time and support their recovery process and return to sport.

Please call your doctor or take your child to the nearest Krankenhaus or Unfallklinik if your child exhibits worsening signs or symptoms of concussion:

Headache • Dizziness • Mental clouding, confusion, or feeling slowed down • Visual problems • Nausea or vomiting • Fatigue • Drowsiness/feeling like "in a fog"/difficulty concentrating • "Pressure in head" • Ringing in the ears • Sensitivity to light or noise • Sleep disturbance • Loss of consciousness • Memory problems • Personality change • Poor balance/concentration

The following are recommendations for your child's recovery based on the latest research:

Your child should:

- **Take pain medication, if needed**
- **Go to sleep**
- **Avoid screen time in first 48 hours**
- **Return to school**
- **Do low-level physical activity that does not make symptoms worse (i.e.walking)**

We will now follow the FIS Concussion Protocol. This protocol may be updated from time to time in line with the latest research. Teachers and counselors may be told about your child's concussion to provide academic accommodations for symptoms. Physical activity that does not make symptoms worse is encouraged. Athletes must return to learning, be free of symptoms, and complete the Return to Play program as part of returning to full physical activity.

Please note that regardless of a doctor's note allowing participation, the final decision to allow the athlete to return to play is made by the Athletic Trainer and the Athletic Director.