

Welcome to participation in Hatton-Northwood Extra-Curriculars

Please review the following & then fill out the form below:

Concussion Fact Sheet (Below)

You will need to fill out a separate form for each student. This will cover all activities you are involved in throughout the year.

Fill the form out here: [2025-2026 Extracurricular Form](#).

Thank you

Mr. Tony Evenstad
Hatton-Northwood AD

Concussion Fact Sheet

What is a concussion?

A concussion is a brain injury that:

1. Is caused by a bump, blow, or jolt to the head or body
2. Can change the way your brain normally works
3. Can occur during practice or games in any sport or recreational activity
4. Can happen even if you have not been knocked out
5. Can be serious even if you have just been “dinged” or “had your bell rung”

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (video games, work on computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion?

You can not see a concussion, but you might notice one or more of the symptoms listed below:

1. Headache or “pressure” in the head
2. Nausea or vomiting
3. Balance problems or dizziness
4. Double or blurry vision
5. Bother by light or noise
6. Feeling sluggish, hazy, foggy, or groggy
7. Difficulty paying attention
8. Memory problems
9. Confusion

What should I do if I think I have a concussion?

1. **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
2. **Get a medical check-up.** A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
3. **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not to return to play until you get the OK from your health care provider that you are symptom free.