

MAINE SCHOOL OF SCIENCE AND MATHEMATICS (MSSM)

Parents and students: Please read, sign, and keep a copy. You must turn in a signed form prior to the start of the school year.

CONCUSSION INFORMATION SHEET

All concussions and other head injuries are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. 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 a “ding” or a bump on the head can be serious. You cannot see a concussion and most 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 student 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:

- Headaches
- “Don’t feel right”
- “Pressure in head”
- Fatigue or low energy
- Nausea or repeated vomiting*
- Sadness
- Neck pain
- Nervousness or anxiety
- Balance problems or dizziness
- Irritability
- Blurred, double, or fuzzy vision
- Feeling more emotional
- Sensitivity to light or noise
- Confusion
- Feeling sluggish or slowed down
- Concentration or memory problems
- Feeling foggy or groggy (e.g., forgetting game plays)
- Drowsiness
- Repeating the same question/comment
- Change in sleep patterns
- Amnesia

Signs that may be observed by teammates, fellow students, parents, or activity supervisors include:

- Appears dazed
- Vacant facial expression
- Pained facial expression
- Cannot recall events prior to hit
- Confused about assignment
- Cannot recall events after hit
- Forgets plays
- Seizures or convulsions*
- Black/blue behind eyes/ears*
- Is unsure of game, score, or opponent
- Any change in typical behavior or personality
- Moves clumsily or displays a lack of coordination
- Loses consciousness*
- Answers questions slowly
- Slurred speech*

*Symptom warrants an immediate trip to the closest emergency room

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What can happen if my student keeps on participating in an activity with a concussion or returns too soon?

Students with the signs and/or symptoms of concussion shall be removed from participation immediately. Continuing to participate with the signs and symptoms of concussion leaves students 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 student 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 adolescents and teenagers will often under-report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, staff, parents, and students is the key to student safety.

If you think your student has suffered a concussion

Any student suspected of suffering a concussion shall be removed from the game, practice, or activity immediately. No student may return to an 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 student should continue for several hours.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/Concussion>

By signing below, you acknowledge that you have received and read JJIF-Concussion and other Head Injuries as well as JJIF-E Concussion Information Sheet.

Student Name Printed Student Signature Date

Parent/Legal Guardian Printed Parent/Legal Guardian Signature Date

Implemented: March 29, 2016
 Revised from December 2, 2015

1st Reading: May 27, 2016

2nd Reading: October 1, 2016