

PARENTS/GUARDIANS OF ATHLETES: In order to protect the students/athletes of Seneca Falls Central School district, the school district, in accordance with the Concussion Management Act, has mandated that all student athletes, parents and guardian follow the Seneca Falls Central School District Concussion Regulation. Please read and sign this fact sheet and return to the district's Athletic Director prior to the first day of competition. This form must be reviewed and signed on a yearly basis.

WHAT IS A CONCUSSION?

A concussion is a mild traumatic brain injury (MTBI). A concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Recovery from concussion and its symptoms will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management. Concussions can impact a student's academics as well as their athletic pursuits.

What are the signs and symptoms of a concussion?

- Amnesia (e.g. decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information);
- Confusion or appearing dazed;
- Headache or head pressure;
- Loss of consciousness;
- Balance difficulty or dizziness, or clumsy movements;
- Double or blurry vision;
- Sensitivity to light and/or sound;
- Nausea, vomiting, and/or loss of appetite;
- Irritability, sadness, or other changes in personality;
- Feeling sluggish, foggy, groggy, or lightheaded;
- Concentration or focusing problems;
- Slowed reaction times, drowsiness;
- Fatigue and/or sleep issues (e.g. sleeping more or less than usual)

Students who develop any of the following signs or if the above listed symptoms worsen, must be seen and evaluated immediately at the nearest hospital emergency room:

- Headaches that worsen;
- Seizures;
- Looks drowsy and/or cannot be awakened;
- Repeated vomiting;
- Slurred speech;
- Unable to recognize people or places;
- Weakness or numbing in the arm or legs, facial drooping;
- Unsteady gait;
- Dilated or pinpoint pupils, or change in pupil size of one eye;
- Significant irritability;
- Any loss of consciousness;
- Suspicion of skull fracture; blood draining from ear, or clear fluid from nose

What should you do if you think your child has a concussion?

- Seek medical attention right away. A licensed health care professional will be able to decide how serious the concussion is.
- Tell your child's coach about any recent concussions. School personnel should be notified if your child had a recent concussion in any sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

Concussion Graduated Return to Policy

When a student has been cleared by a medical provider from a concussion, the following graduated return to play will be followed. *Physical activities will not begin until the student is completely symptom free.* Once a student with a concussion has been symptom free at rest for at least 24 hours, a private medical provider may choose to clear the student to begin a graduated return to activities. If the district has concerns or questions about the private medical provider's orders, the Board of Education approved district physician should contact that provider to discuss and clarify. Additionally, if requested by the school district, the Board of Education approved district physician has the final authority to clear students to participate in or return to extra-class physical activities in accordance with the New York State Concussion Management Act.

Phase 1- Low impact, non-strenuous, light aerobic activity such as walking or riding a stationary bike.

If tolerated without return of symptoms over 24 hour period proceed to:

Phase 2- Higher impact, higher exertion, and moderate aerobic activity such as running or jump roping.

No resistance training. If tolerated without return of symptoms over 24 hour period proceed to:

Phase 3- Sport specific non-contact activity. Low resistance weight training with a spotter. If tolerated without return of symptoms over 24 hour period proceed to:

Phase 4- Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.

If tolerated without return of symptoms over 24 hour period proceed to:

Phase 5- Full contact training drills and intense aerobic activity. If tolerated without return of symptoms over 24 hour period proceed to:

Phase 6- Return to full activities without restrictions

The treatment, management and return to play determinations will be individualized to each student and dependent on circumstances of each specific case and injury. A safe return to play is the ultimate goal regardless of age and level of play;

How you can help your child prevent a concussion?

- Ensure that they follow their coach's rules for safety and the rules of the sport;
- Encourage them to practice good sportsmanship at all times
- Make sure they properly wear the right protective equipment that is required for their sport (such as helmets, padding, shin guards, eye and mouth guards);
- Learn the signs and symptoms of a concussion.

References:

<http://www.cdc.gov/concussion/sports/index.html>

http://www.health.ny.gov/prevention/injury_prevention/concussion.htm

<http://www.p12.nysed.gov/sss/schoolhealth/schoolhealthservices/ConcussionManageGuidelines.pdf>

The following signatures indicate that you have read, understood, and will comply with the Seneca Falls Central School District Concussion Management procedures.

Print Name of Parent/Guardian

Print Name of Student/Athlete

Parent/Guardian Signature

Student/Athlete Signature

Date

Date

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