

HEADS-UP

CONCUSSION IN MIDDLE/HIGH SCHOOL SPORTS

Concussion Facts:

- A concussion is a brain injury that affects how your brain works
- A concussion is caused by a bump, blow or jolt to the head or body
- A concussion can happen even if you haven't been knocked out
- If you think you have a concussion, you should not return to play on the day of the injury and not until a health care professional says you are ok to return to play

What are the symptoms of a concussion?

Concussions symptoms differ with each person and with each injury, and they may not be noticeable for hours or days. Common symptoms include:

- Headaches
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or "down"
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

During recovery, exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse.

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

DON'T HIDE IT. REPORT IT. Ignoring your symptoms and trying to "tough it out" often makes symptoms worse. Tell you coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. Don't let anyone pressure you into continuing to practice or play with a concussion.

GET CHECKED OUT. Only a health care professional can tell if you have a concussion and when it's ok to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play

TAKE CARE OF YOUR BRAIN. A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

How can I prevent a concussion?

Every sport is different, but there are some steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport
- Practice good sportsmanship at all times

If you think you have a concussion:

Don't hide it. Report it. Take time to recover.

It's better to miss one game than the whole season.

For more information, visit: www.cdc.gov/Concussion



Student – Athlete Concussion Acknowledgement Statement

I, _____, understand that it is my responsibility to report all injuries and illnesses, including concussions, to my athletic trainer and/or head coach.

I have read and understand the CDC concussion fact sheet, *A Fact Sheet for Athletes*, and am aware of the following information:

1. A concussion is a brain injury, which I am responsible for reporting to the head coach or athletic trainer.
2. A concussion can affect my ability to perform everyday activities and affect reaction time, balance, sleep, and classroom performance.
3. I cannot see a concussion, but I might notice some of the symptoms right away. I understand other symptoms can show up hours or days after the injury.
4. If I suspect a teammate has a concussion, I am responsible for reporting the injury to my head coach or athletic trainer.
5. I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion-related symptoms.
6. Following concussion, I understand that the brain needs time to heal. I understand that I am much more likely to have a repeat concussion if I return to play before symptoms resolve.
7. In rare cases, I realize repeat concussions can cause permanent brain damage and even death.

I acknowledge that I have read and understand the CDC's *A Fact Sheet for Athletes* and the Beaufort County Student Athlete Insurance Coverage policy and accept these responsibilities to protect my well-being. If I have any questions, it is my responsibility to ask the athletic training staff or my coach.

Student Name:	Signature:	Date:
Name of Parent/Legal Custodian:	Signature:	Date:

BCSD STUDENT ATHELETES 2015-2016

Sport	Number of concussions	BCHS	HHHS	BHS	BLHS	WBECHS	Total
Football	32	6	0	10	14	2	32
Volleyball	6	2	2	0	2	0	6
Cross Country	4	0	1	0	1	0	4
G. Tennis	0	0	0	0	0	0	0
Swimming	0	0	0	0	0	0	0
B Basketball	2	1	0	0	1	0	2
G. Basketball	8	2	0	2	4	0	8
Wrestlting	8	3	1	1	2	1	8
Softball	0	0	0	0	0	0	0
Baseball	2	0	1	0	1	0	2
G. Soccer	12	4	4	2	2	0	12
B. Soccer	3	1	1	1	0	0	3
G. Track	0	0	0	0	0	0	0
B. Track	0	0	0	0	0	0	0
Golf	0	0	0	0	0	0	0
B. Tennis	0	0	0	0	0	0	0
Cheerleadng	6	2	0	3	1	0	6
G. Lacrosse	5	0	1	2	2	0	5
Total	88	21	11	21	30	3	88