

Athletes Name:
Sport:

Date of Injury:
Parent/Guardian Phone Number:

Lampeter-Strasburg School District

Athletic Department

Your son/daughter has sustained a head injury while participating in athletics at Lampeter-Strasburg. In some instances, the signs of a concussion do not arise until a few hours or even days after the initial injury. Please be observant of your athlete for the following signs and symptoms:

1. Headache (if the headache significantly increases**)
2. Nausea/vomiting**
3. Different sized pupils, dilated pupils**
4. Mental confusion/ behavioral changes
5. Dizziness
6. Memory Loss
7. Ringing in the ears
8. Change in balance/gait
9. Blurry or double vision**
10. Slurred speech **
11. Noticeable changes in level of consciousness (difficulty awakening or losing consciousness suddenly) **
12. Seizure activity**
13. Decreased or irregular pulse/respirations**

**** SEEK MEDICAL ATTENTION AT THE NEAREST EMERGENCY DEPARTMENT**

The best guideline is to note symptoms that worsen, and behaviors that seem to represent a change in your son/daughter. If you have any questions or concerns in regards to the symptoms you are observing, contact your family physician for further instruction, or seek medical attention at the closest emergency department. Otherwise, you can follow instructions outlined below.

It is **OK** to:

1. Take acetaminophen
2. Use ice pack for comfort
3. Eat a light diet
4. Drink plenty of water
5. Rest (no strenuous activity)
6. Go to sleep

There is **NO** need to:

1. Check eyes with a flashlight
2. Wake up every hour
3. Test reflexes
4. Stay in bed

Do **NOT**:

1. Drink Alcohol
2. Drive
3. Take NSAID
4. Video games
5. Minimize texting
6. Computer work

***Please remember that any child who sustains a concussion may not return to participation until cleared by Lampeter-Strasburg's team physician.

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Sport:

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Recommendations provided to:

Recommendations given by:

Date:

Time:

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