



Student-Athlete & Parent/Legal Guardian Concussion Education Sign-Off

Form must be completed for each student-athlete.

Student- Athlete Name (Print): _____

Parent/Legal Guardian Name (Print): _____

☐ We have read the Student-Athlete & Parent/Legal Guardian Concussion Information Sheet. After reading the information sheet, I am aware of the following information:

Student Athlete Initials		Parent/Legal Guardian Initials
	<i>A concussion is a brain injury, which should be reported to my parents, my coach(es), and/or my athletic trainer.</i>	
	<i>A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.</i>	
	<i>A concussion cannot be "seen". Some symptoms might be present right away, while other symptoms can show up hours or days after an injury.</i>	
	<i>I will tell my parents, my coach, and/or my athletic trainer about my injuries and illnesses.</i>	N/A
	<i>If I think that a teammate has a concussion, I will tell my coach(es), parents, and/or athletic trainer about the concussion.</i>	N/A
	<i>I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.</i>	N/A
	<i>I/my child will written permission from a *medical professional as defined by Tennessee law to return to play or practice after a concussion.</i>	
	<i>I realize that the Emergency Room/Urgent Care physicians will not provide clearance if seen immediately after the injury.</i>	
	<i>After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.</i>	
	<i>Based on the latest data, concussions can take days or weeks to get better. A concussion may not go away right away. I realize that resolution from this injury is a process and may require more than one medical evaluation.</i>	
	<i>Sometimes, repeat concussions can cause serious and long-lasting problems.</i>	
	<i>I have read the concussion symptoms on the Concussion Information Sheet.</i>	

***Medical professional** means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.

Signature of Student-Athlete

Signature of Parent/Legal Guardian

Date: _____

Date: _____



Concussion Information for Students-Athletes and Parents/Legal Guardians (to be kept at home)

What is a concussion? A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Even a “ding”, “getting your bell rung”, or what seems to be a mild bump or blow to the head can be serious.

Why is it important to recognize a concussion? Timely recognition and appropriate response is important in the treatment of a mild traumatic brain injury (MTBI) or concussion. A patient’s health outcomes improve through early diagnosis, management, and appropriate referral following a concussion. Symptoms of a concussion may appear mild, but can lead to significant, life-long impairment affecting an individual’s ability to function physically, cognitively, or psychologically.

How do I know if I have a concussion? There are many signs and symptoms that a patient may have following a concussion. A concussion can affect thinking, the way the body feels, mood, or sleep patterns. Look for the following:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
✓ Difficulty thinking clearly ✓ Taking longer to figure things out ✓ Difficulty concentrating ✓ Difficulty remembering new information	✓ Headache ✓ Blurry vision ✓ Feeling sick to stomach ✓ Vomiting ✓ Dizziness ✓ Balance problems ✓ Sensitivity to noise and/or light	✓ Irritability-things bother you more easily ✓ Sadness ✓ Increased moodiness ✓ Feeling nervous or worried ✓ Crying more	✓ Sleeping more than usual ✓ Sleeping less than usual ✓ Trouble falling asleep ✓ Feeling tired

What should I do if I think that I have a concussion? If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the medical assistance that you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

When should I be particularly concerned? If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, your words are coming out funny/slurred, you should inform an adult, such as your parent or coach or teacher immediately. This will make sure that you get the medical help you need before things get any worse.

What are some of the problems that may affect me after a concussion? You may have trouble in some of your classes at school, or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once you have had a concussion, you are more likely to have another concussion.

How do I know when it is okay for me to return to physical activity and my sport after a concussion? After telling an adult that you think you have a concussion, you will be seen by a medical professional (Tennessee licensed medical doctor, osteopathic physician or clinical neuropsychologist) trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/play or practice. Your school will have a policy in place for how to treat concussions. You should not return to play or practice on the same day as your suspected concussion.

You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign that your brain has not recovered from the injury. For more information on concussions, visit www.cdc.gov/concussion.