

# Concussion: Statement of Student-Athlete Responsibility and Parent Awareness - Louisiana Youth Concussion Act 314

## What is a Concussion?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head 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.

## Facts about Concussions

1. A concussion is a serious brain injury
2. Concussions can occur without a loss of consciousness or other obvious signs
3. Concussions can occur from blows to the body as well as to the head
4. Concussions can occur in any sport
5. Athletes can still get a concussion even if they are wearing a helmet
6. Recognition and proper response to concussions when they first occur can help prevent further injury or even death.

## Symptoms Reported by Athlete:

Headache or “pressure” in head	Nausea or vomiting
Balance problems or dizziness	Double vision
Sensitivity to light or noise	Confusion
Feeling sluggish, hazy, foggy or groggy	Blurry vision
Just not “feeling right” or is “feeling down”	
Concentration or memory problems	

FOR more information:  
[cdc.gov/concussion](http://cdc.gov/concussion)

## Signs Observed by Parents, Friends, Teachers, or Coaches

Appears dazed or stunned	Loses Consciousness (even briefly)
Is confused about what to do	Moves clumsily
Forgets plays or instruction	Answers questions slowly
Is unsure of game, score, or opponent	Shows mood, behavior, or personality changes
Can't recall events prior to hit or fall	Can't recall events after hit or fall

## Concussion Danger Signs

One pupil larger than the other	Is drowsy or cannot be awakened
A headache that get worse	Weakness, numbness, or decreased coordination
Repeated vomiting or nausea	Slurred speech
Convulsions or seizures	Cannot recognize people or places
Has unusual behavior	Becomes increasingly confused, restless, or agitated
Loses consciousness (even a brief loss of consciousness should be taken seriously)	

Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If an athlete reports one or more symptoms of a concussion listed above after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care professional. Experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

## Statement of Student Athlete Responsibility

I accept responsibility for reporting all injuries and illnesses to the coach and parent(s) including any signs and symptoms of a Concussion. I have read and understand the above information on concussions.

Student Printed Name \_\_\_\_\_ Student's Signature \_\_\_\_\_

As a parent of the above mentioned student, I am also aware of the issues concerning concussions as mentioned in this document and agree to adhere to these guidelines.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_