

Bellport Middle/ High School Athletics Concussion Information

Your son/daughter is a candidate for one of the interscholastic athletic teams sponsored by the South Country Central School District ("District").

As you know, physical injuries may occur as a result of participation in any sport. Concussions are among the types of injuries that may occur during interscholastic sports activities.

A concussion is a type of traumatic brain injury caused by and impact or blow to the head or body. Concussions can happen in any sport but are most often associated with contact sports such as football, rugby, or ice hockey.

Symptoms of a concussion include but are not limited to:

- Amnesia (e.g. decreased or absent memory of events prior to or immediately following 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, groggy, or lightheaded, feeling "in a fog"
- Concentration or focusing problems
- Slowed reaction times, drowsiness
- Fatigue and/or sleep issues (e.g. sleeping more or less than usual)

All coaches, physical education teachers, and certified athletic trainers are required to be trained to recognize the symptoms of a concussion and to seek proper medical treatment for such injuries.

The district's policies provide for the immediate removal from athletic activities of any student who has sustained, or is believed to have sustained a concussion. If there is any doubt as to whether the student has sustained a concussion, it shall be presumed that he or she has sustained a concussion until proven otherwise. A student is prohibited from resuming athletic activities until he or she has been symptom free for no less than 24 hours, and has been evaluated by, and received a written and signed authorization from a licensed physician. In addition, in order to resume participation in interscholastic sports activities, the student must receive clearance from the district's medical director to participate in such activities. The District will follow any directives issued by the students treating physician with regard to limitations and/or restrictions on activities for the student.

Detailed information on concussions can be found on the websites of the New York State Education Department ("SED") and the New York State Department of Health ("DOH").

See <http://www.p12.nysed.gov/sss/schoolhealth/schoolhealthservices/ConcussionManageGuidelines.pdf> . Among other things, the Guidelines recommend a gradual return to physical activities following any concussion. We urge you to read information posted on the SED and DOH websites prior to your child's participation in any athletic activities.