LINCOLN MIDDLE SCHOOL DISTRICT 81
Student Athlete Concussions and Head Injuries

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- *"Pressure in head"*
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns Amnesia
- *"Don't feel right"*
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays in coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any changes in typical behavior or personality
- Loses consciousness

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What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. **IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest.** In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. The coach will notify the school nurse or, at LSHS, the athletic trainer. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

http://www.cdc.gov/ConcussionInYouthSports/

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Background Information Youth Sports Concussion Safety Act

Governor Rauner signed into law the Youth Sports Concussion Safety Act (Public Act 990245) in August 2015 which includes a number of new requirements relating to student concussions for school districts with students participating in interscholastic athletic activities. School concussions are already a highly regulated issue in Illinois, after a 2011 law mandated policy, student and parental notification and consent, and staff training requirements related to student concussions. The new law adds to these requirements, imposing a number of additional concussion-related mandates. Lisle CUSD 202 Policy 7:305 Student Athlete Concussions and Head Injuries reflect the new mandates effective for the 2016-2017 school year:

Student and Parental Consent. Students may only participate in interscholastic athletics if they and their parents have signed off on an approved form that contains specified elements regarding concussion information.

Removal from Athletics or Competition. The law dictates the circumstances when a student must be removed from practice or competition; specifically, when certain responsible individuals believe the student might have sustained a concussion during practice or competition.

Concussion Oversight Team. School boards approve a "concussion oversight team" which must establish a "return-to-play protocol" and a "return-to-learn protocol" based on certain standards. The protocols determine when a student may return to practice or competition and to the classroom after a head injury. There are a number of individuals who the law says should be part of the team, such as a physician and a nurse or athletic trainer, if they are employed by the school. An appointed person, other than a coach of an interscholastic athletic team, is responsible for implementing and complying with the return-to-play and return-to-learn protocols.

Return-to-Play and Return-to-Learn Protocols. The return-to-play and return-to learn protocols must include a number of required elements. For instance, before a student can return to play after a concussion, the student must be treated by a physician or athletic trainer, the physician or athletic trainer must provide written authorization to the person at the school responsible for compliance with the protocols that the student can return to play, and the student and his or her parent/guardian must sign a waiver with certain mandated content. The law specifically prohibits the coach of an interscholastic athletics team from clearing a student to return to play after a concussion.

Emergency Action Plan. The school board must also approve a school specific, written emergency action plan, reviewed by the concussion oversight team and approved by the superintendent or designee. The plan must be distributed to all appropriate personnel, posted conspicuously at all venues utilized by the school, and reviewed annually by all athletic trainers, first responders, coaches, school nurses, athletic directors, and volunteers for interscholastic athletic activities.

Required Training. The law requires that a number of individuals, including, athletic trainers, and school nurses serving on the concussion oversight team and coaches of interscholastic athletics teams, undergo training to be approved by the IHSA.

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Athlete and Parent Concussion Acknowledgement Form

Student Name:_____ **Grade:** _____

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be "knocked out") to have suffered a concussion. Concussions have the potential for serious complications if not managed correctly.

Common symptoms of concussion include:

PROBLEMS IN BRAIN FUNCTIONING:
- ➢ Confused state
- ➢ Memory problems
- ➢ Lack of sustained attention

SYMPTOMS REPORTED BY ATHLETE:
- ➢ Nausea
- ➢ Blurred vision/ Dizziness
- ➢ Headache/Ringing in the Ears

No athlete may return to play or practice on the same day of a concussion or if concussion symptoms are present.

1. Any player who exhibits signs, symptoms or behaviors consistent with a concussion will be immediately removed from the game or practice and will not return to play until cleared in writing by a physician licensed in all branches of medicine.
2. **No athlete suspected of having a concussion will return to the same practice or contest, even if symptoms clear quickly**.
3. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.

If you think your child may have suffered a concussion:

1. Seek medical attention from a physician licensed in all branches of medicine regardless how mild or quickly the symptoms clear;
2. Closely observe your child for several hours; and
3. Request a written statement from your health care professional indicating when it is safe for your child to return to play.

Remember, when in doubt, the athlete sits out. It is better to miss one game than miss the whole season. For current and up-to-date information on concussions you can go to: http://www.cdc.gov/ConcussionInYouthSports/

By signing this form, we acknowledge we have been provided information regarding concussions.

_____	_____	_____
Student-athlete Name Printed	**Student-athlete Signature**	**Date**
_____	_____	_____
Parent or Legal Guardian Printed	**Parent or Legal Guardian Signature**	**Date**