

Eastside Crusaders Junior Football

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. Concussions are often caused by an impact to the head, or to another part of the body, with the force transmitted to the head. Concussions disrupt the way the brain normally works, and vary greatly in severity. 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.** You can't see a concussion, and most sports concussions occur without loss of consciousness. Signs and symptoms may show up right away, or can take hours or days to fully appear. Seek medical attention immediately if you suspect your child has suffered a concussion.

Signs observed by teammates, parents, or coaches may include that the athlete:

Appears dazed or confused	Has a vacant facial expression (“blank stare”)	Is unsure of events of game, score, opponent
Confused about assignment	Moves clumsily/appears uncoordinated	Can't recall events from before the injury
Has slurred speech	Answers questions slowly or can't answer	Can't recall events from after the injury
Loses Consciousness	Has seizures or convulsions	Shows behavior or personality changes

Symptoms may include one or more of the following:

Headaches	“Pressure in head”	Nausea/vomiting	Neck pain	Balance problems or dizziness
Blurred or double vision	Sensitive to light or noise	Drowsiness	Amnesia	Feels sluggish or slowed down
Feeling foggy or groggy	Changes in sleep patterns	Fatigue/no energy	Sadness	Mood/emotional changes
Nervousness or anxiety	Concentration problems	Memory problems	Confusion	Repeats same question/comments

What happens if my child keeps playing with a concussion or returns too soon?

Athletes with signs/symptoms of a concussion should be removed from play immediately. Continuing to play while experiencing signs or symptoms of a concussion leaves the athlete especially vulnerable to greater injury. There is increased risk of significant brain 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 teenage athletes will often underreport symptoms of injuries – concussions are no different. We urge parents to be especially vigilant and watchful, as they know their child best, and are best able to notice changes in the child that may result from a concussion.

If you think your child has suffered a concussion

If you notice signs or symptoms of a concussion in your child, seek immediate medical attention right away from a licensed healthcare provider trained in the evaluation and management of concussions, or your hospital's Emergency Department. Any athlete suspected of suffering a concussion must be removed from the game or practice immediately, and may not return until the athlete is evaluated (and cleared in writing) by a licensed healthcare provider trained in the evaluation and management of concussions. This only includes Physicians (MD or DO), Athletic Trainers (AT/L), Nurse Practitioners (ARNP) and Physician Assistants (PA-C).

Please keep a copy of this sheet for your reference at home. Please sign this sheet, indicating you have read and understand the information it contains, and return it to **ECJF program director**. More information about concussions is available at www.cdc.gov/ConcussionInYouthSports/.

student-Athlete Name (Please Print)

Student-Athlete Signature

Date

Parent/Guardian Name (Please Print)

Parent/Guardian Signature

Date

Parent/Guardian Name (Please Print)

Parent/Guardian Signature

Date