



## **CONCUSSION SHEET FOR PARENTS AND STUDENT ATHLETES**

Due to the new law "Student Athlete Concussions, Guidelines, Management" (R65, H3061), schools are now required to distribute information sheets to inform and educate student athletes and their parents of the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after a concussion or brain injury or returning to play too soon after a concussion or brain injury. The law requires that each year a high school student athlete and the student athlete's parents must be given an information sheet, and both must sign and return an acknowledgement form to the coach or athletic director. The law further states that a high school athlete who is suspected of sustaining a concussion or brain injury in a practice or game, shall be removed from play at the time of injury and may not return to play until the student athlete has received written medical clearance by a physician.

Parent and Student Athletes – please read the attached "Heads Up – Concussion in High School Sports" information sheet and also the McCormick Concussion Management Plan. After reading these fact sheets, please sign the acknowledgement form on page 13 and ensure that your child also signs the form. Once signed, have your student athlete return this form to his/her coach or athletic director.

# CONCUSSION

## A FACT SHEET FOR STUDENT-ATHLETES

### WHAT IS A CONCUSSION?

#### A Concussion is a brain injury that:

- Is caused by a blow to the head or body.
  - From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick, or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- **Can happen even if you do not lose consciousness.**

### HOW CAN I PREVENT A CONCUSSION?

#### Basic steps you can take to protect yourself from concussion:

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
- Follow your athletic department's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

### WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

Concussion symptoms include:

- Amnesia
- Confusion
- Headache
- Loss of consciousness
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Nausea (feeling that you might vomit)
- Feeling sluggish, foggy or groggy
- Feeling unusually irritable
- Concentration or memory problems (forgetting game plays, facts, meeting times)
- Slowed reaction time

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

### WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

**Don't hide it.** Tell your coach. Never ignore a blow to the head. Also, tell your coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

**Report it.** Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

**Get checked out.** Your team physician or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

**Take time to recover.** If you had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.

**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON!  
WHEN IN DOUBT, GET CHECKED OUT!**

# McCormick School District Concussion Management Plan

## EDUCATION & ACKNOWLEDGEMENT

- The Concussion Fact Sheet will be available as a part of the education process of athletes and their parents. Before being allowed to participate, all McCormick school athletes and their parents must read the Concussion Fact Sheet and sign the acknowledgement form that they have read and understand the information and their responsibility to report their injury and illnesses to a coach, including signs and symptoms of a concussion.
- Coaches will complete the Concussion Course in accordance with SCHSL rules.
- When an athlete is concussed, the athlete will be immediately removed from any athletic activities and an attempt to contact his/her parent will be made as soon as possible.

## EVALUATION

- Any athlete experiencing symptoms should report to the coach as soon as possible.
- Any athlete exhibiting signs, symptoms, or behaviors consistent with concussion shall be removed from athletic activities by a coach and evaluated by a medical staff member as soon as possible.

## RETURN TO PLAY CRITERIA:

- Upon knowledge of a concussion, the concussed athlete will NOT return to play the same day.
- All concussed student athletes must be cleared by a physician trained in concussion management.
- Once a concussed athlete is asymptomatic the athlete will return to play in gradual steps (*Day 1 – Low levels of physical activity, Day 2 – Moderate levels of physical activity with body/head movement, Day 3 – Heavy non-contact physical activity, Day 4 – Sports Specific Practice, Day 5 – Full contact practice, Day – 6 Return to competition*)

## OTHER CONSIDERATIONS

- The athletic director should be notified by the coach of a concussed athlete as soon as possible.
- The athletic director will notify the guidance counselor and assistant principal who should notify the athlete's teachers. A concussion fact sheet and/or a list of classroom accommodations will be provided as needed.

**Please read and sign this acknowledgement form,  
date it and turn it into your Head Coach or Athletic  
Director.**

\*\*\*\* My signature acknowledges that I have read the **Student-Athlete Handbook** and understand the policies and procedures of the **McCormick Athletic Department**. I understand that participating in athletics is a privilege and that the privilege can be taken away at any time.

\*\*\*\*I have also received and read the **Concussion Fact Sheet** and the **Management Plan**. I understand the nature and risk of concussion and brain injury to student athletes, including the risks of continuing to play after a concussion or brain injury. I **agree** to inform the coaches of any concussive symptoms that I encounter or observe.

**Student-Athlete Signature**

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**Parent Signature**

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**Date** \_\_\_\_\_