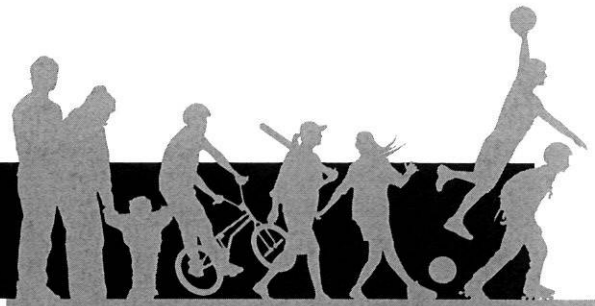


CONCUSSION FACT SHEET FOR PARENTS



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

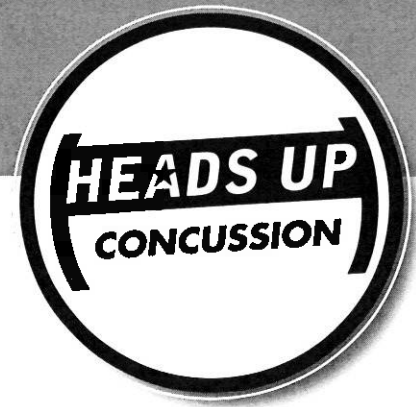
You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

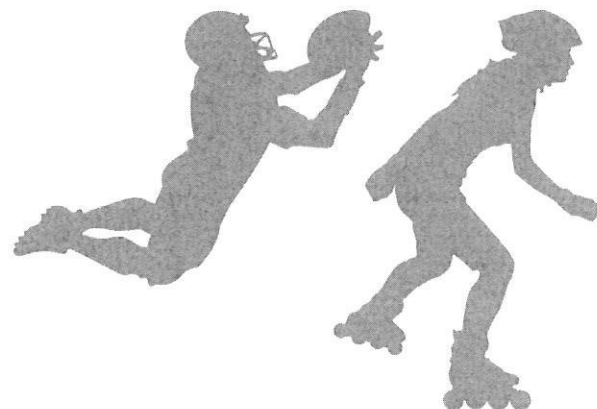
SYMPTOMS REPORTED BY ATHLETE:

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



SIGNS OBSERVED BY PARENTS/ GUARDIANS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes



DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. SEEK MEDICAL ATTENTION RIGHT AWAY

A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

2. KEEP YOUR CHILD OUT OF PLAY.

Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon - while the brain is still healing - risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. TELL YOUR CHILD'S COACH ABOUT ANY PREVIOUS CONCUSSION.

Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

HOW CAN I HELP MY CHILD RETURN TO SCHOOL SAFELY AFTER A CONCUSSION?

Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer

Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. As your child's symptoms decrease, the extra help or support can be removed gradually.



JOIN THE CONVERSATION  www.facebook.com/CDCHeadsUp

TO LEARN MORE GO TO [>> WWW.CDC.GOV/CONCUSSION](http://www.cdc.gov/concussion)

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

Arkansas Activities Association Concussion Guidelines

1. Every coach and registered volunteer must receive training on concussion once every three years.
2. Every athlete and parent must read and sign a "Concussion Fact Sheet for Athletes and Parents".
3. Any athlete who is suspected by their school's personnel or school medical staff of having a concussion should not return to play or practice on the same day.
4. Any athlete suspected of having a concussion should be evaluated by an appropriate healthcare professional that day (Neuropsychologist, MD, DO, Advance Practice Nurse, Certified Athletic Trainer, or Physician Assistant).
5. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
6. After medical clearance, return to play should follow a 5 day step-wise protocol for delayed return to play based upon the return of any signs or symptoms.

MEDICAL RELEASE FOR GRADUATED RETURN TO PLAY PROTOCOL

Student Name _____ Date of Birth _____ Grade _____ Date of Injury _____

Sport Injury Details _____

Student is cleared to initiate and proceed through the protocol as detailed below after a full day of normal activity with no symptoms. Follow the gradual and progressive steps of the training sequence below. There should be at least 24 hours between each step. If any symptoms return at any time during these activities, stop the workout. Rest until symptom-free for 24 hours then return to the previous asymptomatic step. If symptoms return or worsen, seek medical attention.

Other information _____

Completed by (print name) _____ Signature _____ Date _____
 _____ Neuropsychologist _____ MD _____ DO _____ Nurse Practitioner _____ Certified Athletic Trainer _____ Physicians Assistant

GRADUATED RETURN TO PLAY PROTOCOL / SUPERVISED BY SCHOOL PERSONNEL

STEP	DATE COMPLETED	ACTIVITY	COMMENTS
1. Light general conditioning exercises (Goal: Increase heart rate).		*Begin with sport specific warmup. Do 15-20 minute workout: stationary bicycle, fast paced walking or light jogging, rowing or freestyle swimming *Attend full day of school if in session.	
2. Moderate general conditioning and sport specific skill work; individually (Goal: add movement, individual skill work).		*Sport specific warm-up. Slowly increase intensity and duration of workout 20-30minutes. Begin sport specific skill work within the workout. No spins, dives or jumps. *Attend full day of school if in session.	
3. Heavy general conditioning, skill work; individually & with teammate. NO CONTACT. (Goal: Add movement, teammate skill work).		*Continue with general conditioning up to 60 minutes. Increase intensity and duration. Begin interval training. -Continue individual skill work. -Begin skill work with partner-no contact. -Continue with individual skill work as in Step 2. *Attend full day of school if in session.	
4. Heavy general conditioning, skill work and team drills. No live scrimmages. VERY LIGHT CONTACT (Goal: Team skill work, light static contact).		*Resume regular conditioning and duration of practice. -Increase interval training and skill work as required -Gradually increase skill level of spins, dives, jumps -Review team plays with no contact. -Very light contact and low intensity on dummies *Attend full day of school if in session.	
5. Full team practice with body contact		*Participate in a full practice. If a full practice is completed, discuss with the coach about getting back in next game. *Attend full day of school if in session.	

I verify Graduated Return to Play Protocol has been completed. Signature _____ Date _____