



## **CONCUSSION FACT SHEET FOR STUDENTS PARTICIPATING IN SPORTS AT EVERGREEN CHRISTIAN SCHOOL**

### **WHAT IS A CONCUSSION?**

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even what seems to be a mild bump or blow to the head can be serious. The student should let the coach and parents/guardians know if this has happened.

You cannot see a concussion. The child won't necessarily have been knocked unconscious. Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If any symptoms of a concussion are reported or noticed, medical attention should be sought immediately, particularly if unconsciousness has been experienced.

### **SIGNS OBSERVED BY PARENTS OR GUARDIANS**

If a bump or blow to the head has been experienced during a game or practice, look for the following symptoms:

- Appears dazed or confused
- 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 behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after the hit or fall

### **SYMPTOMS REPORTED BY ATHLETES**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance Problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Doesn't "feel right"

## HOW CAN YOU HELP

Every sport is different, but there are steps your child can take to protect themselves from a concussion:

- Ensure that they follow their coaches
- Encourage them to practice good sportsmanship
- Make sure your child wears the right protective equipment for their activity such as helmets, padding, shin guards, and eye and mouth guards. Protective equipment should fit properly, be well maintained, and worn consistently and correctly.
- Learn the signs and symptoms of a concussion

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

- 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 sports.
- Keep your child out of play. Concussions take time to heal. Don't let your child return to play 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. Additional concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

## TELL YOUR COACH ABOUT ANY RECENT CONCUSSION

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

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**I have read and understand the above guidelines:**

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Student printed name

Grade

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Parent or Guardian signature

Date

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Student signature

Date