



# O'DEA HIGH SCHOOL CONCUSSION INFORMATION SHEET

ADAPTED FROM THE CDC & THE 3<sup>RD</sup> INTERNATIONAL CONFERENCE ON CONCUSSION IN SPORT  
DOCUMENTATION CREATED 6/15/2009

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                        | -Feeling sluggish or slowed down | -Nervousness or anxiety                 |
| -“Pressure in head”               | -Drowsiness                      | -Irritability                           |
| -Nausea or vomiting               | -Change in sleep patterns        | -More emotional                         |
| -Neck pain                        | -Amnesia                         | -Confusion                              |
| -Balance problems or dizziness    | -“Don’t feel right”              | -Concentration or memory problems       |
| -Blurred, double, or fuzzy vision | -Fatigue or low energy           | -Repeating the same question or comment |
| -Sensitivity to light or noise    | -Sadness                         |   |

## Signs observed by teammates, parents and coaches include:

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

## 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 under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is key for student athlete’s safety.



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## 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. The "Zachary Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussions guidelines that have been recommended for several years: "a young athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time" **and** "...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider". You should also inform your child's coach if you think that your child may have a concussion. 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: <https://cdc.gov/ConcussioninYouthSports>

**My player(s) and parent(s)/guardian(s) acknowledge that we have read the above information.**

\_\_\_\_\_  
Student-athlete name (printed)

\_\_\_\_\_  
Student-athlete signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Legal Guardian name (printed)

\_\_\_\_\_  
Parent/Legal Guardian signature

\_\_\_\_\_  
Date

**Thank you for your attention, you are now in compliance.**