

## Concussion Information Sheet

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 concussions 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.

### **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 fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete’s safety.

### **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. IESA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IESA member schools are required to follow this policy.

You should also inform your child’s coach if you think that your child may have a concussion. Remember it is better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

**Symptoms may include one or more of the following:**

<ul style="list-style-type: none"><li>• Headaches</li><li>• “Pressure in head”</li><li>• Nausea or vomiting</li><li>• Neck pain</li><li>• Balance problems or dizziness</li><li>• Blurred, double, or fuzzy vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Drowsiness</li><li>• Change in sleep patterns</li><li>• Feeling groggy or foggy</li></ul>	<ul style="list-style-type: none"><li>• Amnesia</li><li>• “Don’t feel right”</li><li>• Fatigue or low energy</li><li>• Sadness</li><li>• Nervousness or anxiety</li><li>• Irritability</li><li>• More emotional</li><li>• Confusion</li><li>• Concentration or memory problems (forgetting some plays)</li><li>• Repeating the same question/comment</li></ul>
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**Signs observed by teammates, parents or coaches include:**

<ul style="list-style-type: none"><li>• Appears dazed</li><li>• Vacant facial expression</li> <li>• Confused about assignment</li><li>• Forgets play</li><li>• Is unsure of game, score or opponent</li><li>• Moves clumsily or displays incoordination</li><li>• Answers questions slowly</li></ul>	<ul style="list-style-type: none"><li>• Slurred speech</li><li>• Shows behavior or personality changes</li><li>• Can’t recall events prior to hit</li><li>• Can’t recall events after hit</li><li>• Seizures or convulsions</li> <li>• Any change in typical behavior or personality</li><li>• Loses consciousness</li></ul>
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**Immaculate Conception School  
Morris, Illinois**

**Parent & Student Contract for IMPACT and Concussion Policy  
(Immediate Post Concussion Assessments & Cognitive Testing)**

Student Name (printed): \_\_\_\_\_ Grade: \_\_\_\_\_

List Sport(s): \_\_\_\_\_

I agree and understand that ICS has implemented a program to safeguard student athletes from traumatic brain concussions. I agree that my student athlete will have a physical sports examination before the season begins to obtain baseline data for future comparison, if he/she should suffer a concussion or be suspected of suffering a concussion. I understand that before the student will be allowed to participate in athletics again, a satisfactory result must be obtained from a repeated concussion assessment and cognitive testing experience that will be compared with the original baseline test data, from the athlete(s) licensed physician. A final determination to play following a possible concussion will be made by a licensed physician. ICS reserves the right to not allow student athletes to participate in sports if concussion or brain injury is suspected.

**Return to Play Policy**

In accordance to the IESA policy and Illinois State Law, a student athlete who is suspected of sustaining a concussion of head injury in a practice or game shall be removed from participating in practice or competition at that time.

A student athlete who has been removed from an interscholastic contest or practice for a possible concussion or head injury may NOT return to contest or practice unless cleared to do so by a licensed physician to practice medicine in all its branches in Illinois.

If not cleared to return to that contest, a student athlete can not return to play or practice until the student athlete has provided his or her school with written clearance from a licensed physician to practice medicine in all its branches and/or a certified athletic trainer working in conjunction with a physician to practice medicine in all its branches in Illinois. If there is a written clearance from a licensed physician to practice medicine in all its branches and/or athletic trainer, the student athlete must complete ImpACT testing and exertion portion of the return to play process in order to return to their prospective sport according to IHSA policy and Illinois Law.

If the student athlete signs/symptoms of a concussion persist or signs/symptoms return and/or during the return to play process, the athlete will be sent to a licensed physician that practices medicine in all its branches for further evaluation.

Impact test scores will be recorded once the athlete is asymptomatic from the concussion, from the athlete(s) licensed physician. Scores will be compared to baseline scores and be made available to parents, student athletes, attending physicians and athletic trainers consulting with a physician. Impact

tests must be normal when compared to baseline test results for a student athlete to progress to the next step in the return to play process.

**Student athletes must be asymptomatic when beginning the following exertion/exercise components.**

For each of the exertion/exercise components the student athlete must remain asymptomatic and cannot progress to the next step without waiting 24 hours between each step.

- Step 1: 15-20 minutes of Light Aerobic Exercise (Stationary Bike)
- Step 2: Sport Specific Training (i.e.: Running; Dribbling/Shooting; Technique Drills in Football)
- Step 3: Non-Contact Practice
- Step 4: Full Contact Practice
- Step 5: Return to Competition/Game

“Consensus Statement on Concussion and Sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012.” Journal of Athletic Training. 2013; (4): 434-448.

If at any time the student athlete experiences reoccurring signs and symptoms of a concussion, the athlete will wait 24 hours and return to the previous step in the protocol and progress according to the above steps.

Student's Name (printed): \_\_\_\_\_

Student's Signature: \_\_\_\_\_

Parent's Name (printed): \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Emergency Contact Phone Number(s): \_\_\_\_\_

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If the student athlete signs/symptoms of a concussion persist or signs/symptoms return and/or during the return to play process, the athlete will be sent to a licensed physician that practices medicine in all its branches for further evaluation. Impact test scores will be recorded once the athlete is asymptomatic from the concussion.

Scores will be compared to baseline scores and be made available to parents, student athletes, and the athlete's attending physician.

Impact tests must be normal when compared to baseline test results for a student athlete to progress to the next step in the return to play process.

### **Student athletes must be asymptomatic when beginning the following exertion/exercise components**

For each of the exertion/exercise components the student athlete must remain asymptomatic and cannot progress to the next step without waiting 24 hours between each step.

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For current and up-to-date information on concussions you can go to:  
<http://www.cdc.gov/ConcussionInYouthSports/>