



## CONCUSSION INFORMATION SHEET

### What is a concussion?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Signs and symptoms of a concussion can show up right after the injury or may not appear or may go unnoticed until days or weeks after the injury. If your child reports any symptoms of a concussion, or if you notice the symptoms yourself, seek medical attention right away.

### What are the signs and symptoms of a concussion?

- Difficulty thinking clearly
- Taking longer to figure things out
- Difficulty concentrating
- Difficulty remembering new information
- Headache
- Fuzzy or blurry vision
- Nauseous
- Vomiting/throwing up
- Dizziness
- Balance problems
- Sensitivity to noise or light
- Irritability (things bother you more easily)
- Sadness
- Crying more
- Moodiness
- Feeling of nervousness or worried
- Sleeping more than usual
- Sleeping less than usual
- Trouble falling asleep
- Feeling tired

### What should you do if you suspect you have a concussion?

- If you are having any of the signs or symptoms listed above, you should tell your parents, coach, or athletic director so they can get you the help you need. If a parent notices these symptoms, they should inform the coach or athletic director.

### What are potential problems that may affect you after a concussion?

Players may have trouble in some of their classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once you have had a concussion, you are more likely to have another concussion.

### How do you know when it is okay to return to physical activity and your sport after a concussion?

The Monroe Parks and Recreation Department requires each player to be evaluated by a physician who is licensed under Article 1 of Chapter 90 of the General Statutes and has training in concussion management. A parent must provide a copy of the recommended player progression protocol stating the child has completed the player progression protocol symptom free before the Monroe Parks and Recreation Department will allow a child to return to full play.

**As a Parent and as an Athlete it is important to recognize the signs, symptoms, and behaviors of concussions.** By signing this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury.

**Athlete Agreement:**

I \_\_\_\_\_ have read the Concussion and understand what a concussion is and how it may be caused.

I understand the importance of reporting a suspected concussion to my coaches and my parents/guardian.

I understand that I must be removed from practice/play if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to Monroe Parks and Recreation Department before I can return to play.

I understand the possible consequences of returning to practice/play too soon and that my brain needs time to heal.

**Athlete**

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

**Parent Agreement:**

I \_\_\_\_\_ have **read** the Parent Concussion and **understand** what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected.

I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me.

I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to Monroe Parks and Recreation Department.

I understand the possible consequences of my child returning to practice/play too soon.

**Parent/Guardian**

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