



Date _____

Dear Parent, Guardian or Care Provider:

_____ has been suspected of sustaining a head injury/concussion while at _____ practice/competition. Your athlete **must** be evaluated by a healthcare provider. Either of the following must occur: The athlete must sit out for a minimum of 7 consecutive days AND a healthcare provider must provide written clearance for the athlete to return to play, or a healthcare provider must determine that the athlete did not suffer a concussion and provide written clearance for the athlete to return to play immediately (no 7-day wait is necessary).

Symptoms of a concussion can be found on the reverse side of this page. Please monitor the athlete's symptoms at home and report any new or worsening symptoms to your healthcare provider.

Thank you for your attention to this matter.

Sincerely,

Coach name _____

HEALTHCARE PROVIDER MEDICAL RELEASE

I have evaluated _____ and he/she is cleared to return to play.

Printed name _____

Signature _____

Date _____



Concussion Education

A Fact Sheet for Parents, Guardians and Care Providers

❖ WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury caused by a bump, blow or jolt to the head or by a hit to the body that causes your head and brain to move rapidly back and forth. 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 the athlete reports any symptoms of concussion or if you notice the symptoms yourself, seek medical attention right away.

❖ WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

• Signs observed by others

- Appears dazed or stunned
- Is confused
- Forgets an instruction
- 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 hit or fall

• Symptoms reported by the athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

❖ HOW CAN YOU HELP THE ATHLETE PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect them from concussion.

- Ensure that the athlete follows their coach's rules for safety and 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, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

❖ WHAT SHOULD YOU DO IF YOU HAVE BEEN TOLD THAT THE ATHLETE HAS BEEN SUSPECTED OF SUSTAINING AN INJURY THAT MAY HAVE CAUSED A CONCUSSION?

1. **Seek medical attention right away.** A healthcare professional will be able to decide if the athlete did sustain a concussion and how serious the concussion is. He/she will also be able to tell you when the athlete can return to play. A note from a healthcare professional must be received by the head coach prior to the athlete returning to play.
 - If the healthcare professional determines that the athlete does have a concussion, the athlete must wait a minimum of seven days before returning to play, along with the note from a healthcare professional.
 - If the healthcare professional determines that the athlete did not suffer a concussion, he/she must provide a note allowing the athlete to return to play immediately.
2. **Keep the athlete out of play.** Concussions take time to heal. Do not let the athlete return to play until he/she is cleared by a healthcare professional. Athletes who return to play too soon risk a greater chance of having a second concussion.