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# Concussion Awareness Form

Information Students and Parents Need to Know

## What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild blow to the head can be serious.

## What are some warning signs of a concussion?—For Immediate Attention, Call 911

### Signs Observed by a Parent/Guardian

- *Appears dazed or stunned*
- *Is confused about assignment or position*
- *Forgets sports plays*
- *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 hit or fall*

### Signs Reported by the Athlete

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

## What Should You Do If You Think A Concussion Has Occurred?

### 1. Seek medical attention right away.

A health care professional will be able to decide how serious the concussion is and when it is safe to return to play.

### 2. Keep your child out of play until medically cleared.

Concussions take time to heal. Don't let your child return to play until a health care professional says it's okay. Children who return to play too soon, while the brain is still healing, risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

### 3. Inform all coaches about any recent concussions.

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

### 4. Helping your child return to school safely after a concussion.

As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to school after a concussion may need to:

- *Take rest breaks as needed,*
- *Spend fewer hours at school,*
- *Be given more time to take tests or complete assignments,*
- *Receive help with schoolwork, and/or*
- *Reduce time spent reading, writing, or on the computer.*

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I have read and understand this Concussion Information Sheet

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Parent/Legal Guardian's Signature

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I have read and understand this Concussion Information Sheet

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Student Athlete's Signature

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