

SUNSET RIDGE SCHOOL DISTRICT 29
Concussion Information and Form

Changes to the Illinois school code recently required districts to adopt a new policy pertaining to concussions and student athletes. The District 29 Board of Education, administration and school nurses felt that the preventative measures outlined in the policy should apply to all District 29 students, not just student athletes. Therefore, all parents are asked to sign the form below to indicate their receipt and review of this important information. Students in grades 5-8 are also asked to sign the form.

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:	
<ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns 	<ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment
Signs observed by teammates, parents and coaches include:	
<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays lack of coordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can’t recall events prior to hit • Can’t recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness 	

What can happen if my child keeps on playing with a concussion or returns too soon?

Students 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 student 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 student 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. Because students might not report symptoms of injury, it is critical that administrators, teachers, coaches, parents and students recognize the symptoms of a concussion and respond accordingly.

If you think your child has suffered a concussion

Any student suspected of suffering a concussion should be removed from the game, activity, or practice immediately. No student 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 student should continue for several hours. District 29 Board Policy 720.10 requires students to provide their school with written clearance from 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 Illinois state law, all public schools are required to follow this policy.

You should also inform your child’s coach, nurse or classroom teacher if you think that your child may have a concussion. It is better to miss one game than miss the whole season. When in doubt, the student sits out.

Adapted from the CDC and the 3rd International Conference on Concussion in Sports Document created 7/1/2011

For more information on concussions:

<http://www.cdc.gov/ConcussionInYouthSports/>

www.ihsa.org/resources/sportsmedicine/concussionmanagement.aspx

All parents are asked to sign and return this form to the school nurse indicating their receipt and review of this information. Students in grades 5-8 will not be allowed to participate in extra-curricular sports without a signed form.

Parent or Legal Guardian Printed Parent or Legal Guardian Signature Date

Student Name Printed (Gr. 5-8) Student Signature (Gr. 5-8) Date