**Concussion Information Sheet**

What can happen if my student-athlete keeps on playing with a concussion or

returns too soon?

Student-athletes with the signs and symptoms of concussions should be removed from play

immediately. Continuing to play with the signs and symptoms of a concussion leaves the student-athlete

especially vulnerable to greater injury. There is an increased risk of significant damage

from a concussion for a period of time after the concussion occurs, particularly if the student-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 student-athletes

will often under report symptoms of injuries. And concussions are no different. As a

result, education of administrators, coaches, parents and student-athletes is the key for the student-athlete's safety.

If you think your student-athlete has suffered a concussion

Any student-athlete even suspected of suffering a concussion should be removed from the game or

practice immediately. No student-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 student-athlete should continue for several hours. Rockbridge County High

School requires the consistent and uniform implementation of well-established "return to play"

concussion guidelines that have been recommended for several years:

"A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game

shall be removed from competition at that time" and "...may not return to play until the student-athlete

is evaluated by a licensed health care provider trained in the evaluation and management of

concussion and received written clearance to return to play from that health care provider, which

will initiate the 'Gradual Return to Sports Participation Program' (see Form 3)"

You should also inform your child's coach if you think that your child may have a concussion.

Remember... it's better to miss one game than miss the whole season. And..."When in doubt, the

Athlete sits out."

For current and up-to-date information on concussions you can go to:

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

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**Student-Athlete Name Printed Student-Athlete Signature Date**

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**Parent or Legal Guardian Printed Parent or Legal Guardian Signature Date**

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Adapted from the CDC, AAP and 3rd International Conference on Concussion in Sport

**Concussion information sheet**

**\*Return to Athletic Department**