

South Hills Middle School

Concussion Acknowledgement Form

The purpose of this document is to inform parents and student-participants of the signs and symptoms of a concussion/head injury and describe the inherent risk associated with participation in high school activities.

Concussions are a type of brain injury that can range from mild to severe and can disrupt the way the brain normally works. Concussions can occur in any organized or unorganized sport or recreational activity and can result from a fall or from players colliding with each other, the ground, or with obstacles. Concussions occur with or without loss or consciousness but the vast majority occurs without loss of consciousness.

In accordance with Section 33-1620, Idaho Code the Idaho High School Activities Association has provided information on its website for coaches, parents, and athletes, concerning the Identification and Management strategies regarding concussions. The IHSAA encourages all coaches, parents, and athletes to educate themselves about the recognition and treatment of concussions. Please take the time to visit our website at www.idhsaa.org. If you have any questions or need of further information, please contact your school or the IHSAA Office at admin@idhsaa.org.

First Impact Symptoms– causes chemical imbalances within nerve cells

- Confusion
- Amnesia
- Headache
- Dizziness
- Confusion
- Impaired balance
- Ringing in ears
- Nausea or vomiting
- Slurred speech
- Unsteadiness
- Memory or concentration problems
- Vision or pupil disturbances
- Sensitivity to light and noise
- Loss of sense of smell
- Sleep disturbances
- Lack of emotions
- Behavioral changes
- Irritability
- Depression
- Fatigue

SHMS Return to Play Guidelines

The following guidelines are to be followed for any student athlete who has sustained a concussion.

1. Symptom checklist completed, repeat cognitive screen and compare to baseline
2. Education for student/parents regarding precautions and need for rest (physical and mental)
3. Education regarding need for continued medical care if symptoms worsen or neurological status declines rapidly
4. Must be symptom free for 24 hours prior to performing physical activity
5. Stages of return to play are as follows:
 - a. Rest, no activity until symptom free for 24 hours
 - b. Stationary bicycle
 - c. Running/light aerobic activity
 - d. Non-contact drills during practice
 - e. Full contact practice
 - f. Game play

*****Student must have 24 hours symptom free before advancing to the next stage of return to play. If a student has symptoms with any of the above stages, they return to the rest stage until symptom free and then begin the stages again.**

Students with concussions are to check in at training room before each practice to repeat the symptom checklist to determine if able to advance to the next stage of return to play.

ImPact testing will be done post injury for students who have prolonged symptoms. Typically, post injury testing is done approximately 2 weeks after initial injury

Participant _____ Participant Signature: _____ Date: _____
 (Please print)

Parent/Guardian _____ Parent/Guardian Signature: _____ Date: _____
 (Please print)