

Educational Material for Parents and Students (Content Meets MDCH Requirements)

Sources: Michigan Department of Community Health. CDC and the National Operating Committee on Standards for Athletic Equipment (NOCSAE)

UNDERSTANDING CONCUSSION

Some Common Symptoms				
Headache	Double Vision	Sluggishness	Poor Concentration	Not "Feeling Right"
Pressure in the Head	Blurry Vision	Haziness	Memory Problems	Feeling Irritable
Nausea/Vomiting	Sensitive to Light	Fogginess	Confusion	Slow Reaction Time
Dizziness	Sensitive to Noise	Grogginess	"Feeling Down"	Sleep Problems
Balance Problems				

WHAT IS A CONCUSSION?

A **concussion is a type of traumatic brain injury** that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or a sudden stopping and starting of the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven't been knocked out.

You can't see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your athlete reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

SIGNS OBSERVED BY PARENTS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Can't recall events prior to or after a hit or fall
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

IF YOU SUSPECT A CONCUSSION:

- 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 for the student to return to regular activities, including sports. At Ravenna High School, your Athletic Trainer is available to make initial recommendations. Please report all potential head injuries to the Athletic Trainer for documentation. Don't hide it, report it. Ignoring symptoms and trying to "tough it out" often makes it worse.
- 2. KEEP YOUR STUDENT OUT OF PLAY** – Concussions take time to heal. Don't let the student return to play the day of injury and until a health care professional says it's okay. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season. Stay in close communication with your Athletic Trainer during this process. They will guide you through the proper and safe steps to return your athlete to sports.
- 3. REPORT ANY PREVIOUS CONCUSSION** – Report any previous concussions to your Athletic Trainer. If they are unavailable, report any previous concussions to the Ravenna Athletic Department.

CONCUSSION DANGER SIGNS:

1. LOOK FOR THE SIGNS!

Please do not rush to the Emergency Room. In most cases it is not necessary, but in rare cases, a dangerous internal bleed may form in the brain of a person with a concussion. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people/places
- Becomes increasingly confused, restless or agitated
- Loses consciousness (even a brief loss of consciousness should be taken seriously.)

PROPER REST IS KEY:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rests breaks, be given extra help and time, spend less time reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Remember: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

RETURN TO PLAY PROGRESSION:

There is a 6-step process to follow after an athlete is diagnosed with a concussion. All steps must be completed with out the return of any concussion symptoms. If symptoms return, the athlete will have to return to step 1 of the 6-step progression.

In accordance with MHSAA guidelines, your athlete will need clearance from a physician to return to play.

Physician clearance will typically occur during step 4 or 5 and our Athletic Trainer will facilitate communication with the physician to make sure your athlete is cleared to return to play.

The 6-step process to return to play after a concussion is as follows:

1. The athlete is symptom free
2. The athlete may participate in some light aerobic activity
3. The athlete may participate in limited sport specific activity, with no contact, or possibility of contact from other players.
4. The athlete may participate in a full practice with NO CONTACT.
5. The athlete may participate in full practice.
6. Return to full game play with no restrictions.

Please stay in close contact with your Athletic Trainer. They are a licensed healthcare professional and are responsible for the safety of your athlete. At Ravenna High School your Athletic Trainer is Baileigh Mesman and she can be contacted at any time via phone or email.

Baileigh Mesman, AT, ATC
Licensed Athletic Trainer
Mercy Health Muskegon
909-544-0849
baileigh.mesman@mercyhealth.com

Parents and Students Must Sign and Return the Educational Material Acknowledgement Form

CONCUSSION AWARENESS

EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and/or the Concussion Fact Sheet for Students provided by _____

Sponsoring Organization

Participant Name Printed

Parent or Guardian Name Printed

Participant Name Signature

Parent or Guardian Name Signature

Date

Date

As of Fall 2016, your athlete will have to complete an IMPACT cognitive test, before he/she will be allowed to participate in any Ravenna Athletics competition. The IMPACT test is a tool used by healthcare professionals that gives a quantitative value to the actual cognitive function of your athlete's brain. The test is completed at the beginning of the season (as a baseline measurement), and after a concussion to make sure the brain is functioning at the same level as it was before the concussion.

Participant Name Printed

Athletic Trainer Signature

Return this signed form to the sponsoring organization that must keep on file for the duration of participation or age 18.

Participants and parents please review and keep the educational materials available for future reference.