

**APPENDIX A**  
**CONCUSSION INFORMATION FOR STUDENT ATHLETES**

**NAME OF SCHOOL:** \_\_\_\_\_

According to the article "Concussion" by the Mayo Clinic Staff,<sup>1</sup> a concussion is defined and has symptoms as follows:

**Definition:**

A concussion is a traumatic brain injury that alters the way your brain functions. Effects are usually temporary, but can include problems with headache, concentration, memory, judgment balance and coordination.

Although concussions usually are caused by a blow to the head, they can also occur when the head and upper body are violently shaken. These injuries can cause a loss of consciousness, but most concussions do not. Because of this, some people have concussions and don't realize it.

Concussions are common, particularly if you play a contact sport, such as football. But every concussion injures your brain to some extent. This injury needs time and rest to heal properly. Luckily, most concussive traumatic brain injuries are mild, and people usually recover fully.

**Symptoms:**

The signs and symptoms of a concussion can be subtle and may not be immediately apparent. Symptoms can last for days, weeks or even longer.

The most common symptoms after a concussive traumatic brain injury are headache, amnesia and confusion. The amnesia, which may or may not be preceded by a loss of consciousness, almost always involves the loss of memory of the impact that caused the concussion.

**Signs and symptoms may include:**

- \* Headache or a feeling of pressure in the head
- \* Temporary loss of consciousness
- \* Confusion or feeling as if in a fog
- \* Amnesia surrounding the traumatic event
- \* Dizziness or "seeing stars"
- \* Ringing in the ears
- \* Nausea or vomiting
- \* Slurred speech
- \* Fatigue

The well-being of its Student Athletes is of paramount importance to the School. Coaches are trained annually in recognizing the signs and symptoms of concussions and are required immediately to remove from practice, conditioning, or a game any Student Athlete who shows such signs. Student Athletes will not be permitted to return until a Health Care Provider has either ruled out a concussion or determines the Student Athlete capable of returning. In no instance will a Student Athlete with a diagnosed concussion return the same day.

**PRINTED Student Name:** \_\_\_\_\_

**Signature of Student:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**PRINTED Parent Name:** \_\_\_\_\_

**Signature of Parent:** \_\_\_\_\_ **Date:** \_\_\_\_\_

<sup>1</sup> <http://www.mayoclinic.com/health/concussion/DS00320>.