



Parent & Athlete Concussion Information Sheet

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 bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, she/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

SIGNS OBSERVED BY COACHING STAFF:

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



DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body she/he exhibits any of the following danger signs:

- One pupil larger than the other
- 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 or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says she/he is symptom free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, she/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.



Join the conversation at www.facebook.com/CDCHeadsUp

TO LEARN MORE GO TO >> [WWW.CDC.GOV/CONCUSSION](https://www.cdc.gov/concussion)

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standard for Athletic Equipment (NOCSAE).

Concussion and Head Injury Information Sheet

Pursuant to Article 2.5 (commencing with Section 124235) of Chapter 4 of Part 2 of Division 106 of the Health and Safety Code, before an athlete may participate in any City of Davis Parks and Community Services sanctioned activity, the athlete and his or her parent/guardian must review and execute this Concussion and Head Injury Information Sheet (CHIS). The CHIS is good for one calendar year.

IMPORTANT INFORMATION REGARDING CONCUSSIONS

If an athlete is suspected of sustaining a concussion or head injury during any City of Davis Parks and Community Services activity, the athlete **shall** be immediately removed from the activity. The athlete will not be allowed to resume **any** participation in the activity, or any other City of Davis Parks and Community Services activity, until he or she has been evaluated, and receives written clearance from, a licensed health care provider. By California law, there can be no exceptions to this medical clearance requirement. In addition, if the medical care provider determines the athlete suffered a concussion or a head injury, the athlete shall complete a graduate return-to-play protocol of no less than seven (7) days in duration under the supervision of a licensed health care provider.

Depending on the circumstances of a particular training session or game, a supervising referee, coach/assistant coach, athletic trainer, or attending health care provider may determine that an athlete should be removed from an activity based on suspected or potential concussion or head injury. The following guidelines will be used: (1) in the case of an actual or perceived loss of consciousness, the student must be immediately removed the activity; (2) in all other cases, standardized concussion assessment tools (e.g. Sideline Concussion Assessment Tool (SCAT-II), Standardized Assessment of Concussion (SAC), or Balance Error Scoring System (BESS) protocol) will be used as the basis to determine whether the athlete should be removed from the activity. For the safety and protection of the athlete, once one of the individuals described above makes a determination that an athlete must be withdrawn from an activity due to the potential existence of a concussion or head injury, **no other coach, player, parent or other involved individual may overrule this determination.**

Once an athlete is removed from an activity, the parent/guardian should promptly seek an evaluation by a licensed health care provider even if the athlete does not immediately describe or show symptoms of a concussion (headache, pressure in the head, neck pain, nausea/vomiting, dizziness, blurred vision, sensitivity to light/sound, feeling "slow"/"foggy," difficulty with balance, concentration, memory, confusion, drowsiness, irritability, emotionality, anxiety, nervousness, or falling asleep). If a parent/guardian is not immediately available to make health care decisions, City of Davis reserves the right to take the athlete to an emergency/urgent care provider for evaluation or treatment in keeping with the liability waiver.

Date: _____

Date: _____

Participant: _____

Parent/Guardian: _____

Signature: _____

Signature: _____