**Gfeller-Waller** **NCHSAA** **Student-Athlete** **&** **Parent/Legal** **Custodian** **Concussion** **Information** **Sheet**

**What** **is** **a** **concussion?** A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

**How** **do** **I** **know** **if** **I** **have** **a** **concussion?** There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

|  |  |  |  |
| --- | --- | --- | --- |
| Thinking/Remembering | Physical | Emotional/Mood | Sleep |
| Difficulty thinking clearlyTaking longer to figure things outDifficulty concentratingDifficulty remembering new information | HeadacheFuzzy or blurry visionFeeling sick to your stomach/queasyVomiting/throwing upDizzinessBalance problemsSensitivity to noise or light | Irritability-things bother you more easilySadnessBeing more moodyFeeling nervous or worriedCrying more | Sleeping more than usualSleeping less than usualTrouble falling asleepFeeling tired |

Table is adapted from the Centers for Disease Control and Prevention (http://www.cdc.gov/concussion/)

**What** **should** **I** **do** **if** **I** **think** **I** **have** **a** **concussion?** If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

**When** **should** **I** **be** **particularly** **concerned?** If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

**What** **are** **some** **of** **the** **problems** **that** **may** **affect** **me** **after** **a** **concussion?** You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur Once you have a concussion, you are more likely to have another concussion.

**How** **do** **I** **know** **when** **it’s** **ok** **to** **return** **to** **physical** **activity** **and** **my** **sport** **after** **a** **concussion?** After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/play or practice. Your school will have a policy in place for how to treat concussions. You should not return to play or practice on the same day as your suspected concussion.

**You** **should** **not** **have** **any** **symptoms** **at** **rest** **or** **during/after** **activity** **when** **you** **return** **to** **play,** **as** **this** **is** **a** **sign** **your** **brain** **has** **not** **recovered** **from** **the** **injury.**

This information is provided to you by the UNC Matthew Gfeller Sport-Related TBI Research Center, North Carolina Medical Society, North Carolina Athletic Trainers’ Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High School Athletic Association.Approved for use in 2019-2020 School Year

**Gfeller-Waller** **NCHSAA** **Student-Athlete** **&** **Parent/Legal** **Custodian** **Concussion** **Statement** **Form**

Instructions: The student athlete and his/her parent or legal custodian, must initial beside each statement acknowledging that they have read and understand the corresponding statement. The student-athlete should initial in the left column and the parent or legal custodian should initial in the right column. Some statements are applicable only to the student-athlete and should only be initialed by the student-athlete. This form must be completed for each student-athlete, even if there are multiple student-athletes in the household.



|  |  |  |
| --- | --- | --- |
|  | A concussion is a brain injury, which should be reported to my parent(s) or legal custodian(s), my or my child’s coach(es), or a medical professional if one is available. |  |
|  | A concussion cannot be “seen.” Some signs and symptoms might be present immediately; however, other symptoms can appear hours or days after an injury. |  |
|  | I will tell my parents, my coach and/or a medical professional about my injuries and illnesses. | Not Applicable |
|  | If I think a teammate has a concussion, I should tell my coach(es), parent(s)/ legal custodian(s) or medical professional about the concussion. | Not Applicable |
|  | I, or my child, will not return to play in a game or practice if a hit to my, or my child’s, head or body causes any concussion-related symptoms. |  |
|  | I, or my child, will need written permission from a medical professional trained in concussion management to return to play or practice after a concussion. |  |
|  | Based on the latest data, most concussions take days or weeks to get better. A concussion may not go away, right away. I realize that resolution from a concussion is a process that may require more than one medical visit. |  |
|  | I realize that ER/Urgent Care physicians will not provide clearance to return to play or practice, if seen immediately or shortly after the injury. |  |
|  | After a concussion, the brain needs time to heal. I understand that I or my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away. |  |
|  | Sometimes, repeat concussions can cause serious and long-lasting problems. |  |
|  | I have read the concussion symptoms listed on the Student-Athlete/ Parent Legal Custodian Concussion Information Sheet. |  |
|  | I have asked an adult and/or medical professional to explain any information contained in the Student-Athlete & Parent Concussion Statement Form or Information Sheet that I do not understand. |  |

Student-Athlete Name: (please print)

Parent/Legal Custodian Name(s): (please print)

Student-Athlete Initials

Parent/Legal Custodian(s) Initials

**By** **signing** **below,** **we** **agree** **that** **we** **have** **read** **and** **understand** **the** **information** **contained** **in** **the** **Student-Athlete** **&** **Parent/Legal** **Custodian** **Concussion** **Statement** **Form,** **and** **have** **initialed** **appropriately** **beside** **each** **statement.**

Signature of Student-Athlete Date

Signature of Parent/Legal Custodian Date Approved for use in 2019-2020 School Year