

Shrewsbury Borough School
Sports-Related Concussion and Head Injury Fact Sheet
Parent/Guardian Acknowledgement Form

A concussion is a brain injury that can be caused by a blow to the head or body that disrupts normal functioning of the brain. Concussions are a type of Traumatic Brain Injury (TBI), which can range from mild to severe and can disrupt the way the brain normally functions. Concussions can cause significant and sustained neuropsychological impairment affecting problem solving, planning, memory, attention, concentration, and behavior.

The Centers for Disease Control and Prevention estimate that 300,000 concussions are sustained each year during sports related activities nationwide. Second-impact syndrome occurs when a person sustains a second concussion while still experiencing symptoms of a previous concussion. It can lead to impairment or even death of the victim.

Legislation (P.L. 2010, Chapter 94) signed on December 7, 2010, mandated measures to be taken in order to ensure the safety of K – 12 student-athletes involved in interscholastic sports in New Jersey. It is imperative that athletes, coaches, and parents/guardians are educated about the nature and treatment of sports related concussions and other head injuries.

Quick Facts

- Most concussions do not involve loss of consciousness
- You can sustain a concussion even if you do not hit your head
- A blow elsewhere on the body can transmit an “impulsive” force to the brain and cause a concussion

Signs of Concussion (Observed by Coach, Athlete, Trainer, Parent/Guardian)

- Appears dazed or stunned
- Forgets plays or demonstrates short term memory difficulties
- Exhibits difficulties with balance, coordination, concentration, and attention
- Answers questions slowly or inaccurately
- Demonstrates behavior or personality changes
- Is unable to recall events prior to or after the hit or fall

Symptoms of Concussion (Reported by Student-Athlete)

- Headache
- Nausea/vomiting
- Balance problems or dizziness
- Double vision or changes in vision
- * Sensitivity to light/sound
- * Feeling sluggishness
- * Difficulty with concentration, short term memory, and/or Confusion

What should a student-athlete do if they think they have a concussion?

- **Don't hide it.** Tell your Coach, School Nurse, or Parent/Guardian

- **Report it.** Don't return to competition or practice with a symptom of a concussion or head injury.
- **Take time to recover.** If you have a concussion your brain needs time to heal. While your brain is healing you are much more likely to sustain a second concussion. Repeat concussions can cause permanent brain injury.

What can happen if a student-athlete continues to play with a concussion or returns to play too soon?

- Continuing to play with the signs and symptoms of a concussion leaves the student-athlete vulnerable to second impact syndrome.
- Second impact syndrome is when a student-athlete sustains a second concussion while still having symptoms from a previous concussion or head injury.
- Second impact syndrome can lead to severe impairment and even death in extreme cases.

Should there be any temporary academic accommodations made for student-athletes who have suffered a concussion?

- To recover cognitive rest is just as important as physical rest.
- Stay home from school with a minimal of mental and social stimulation until all symptoms have resolved.
- Student classroom accommodations will be determined individually

Student-Athletes should have normal cognition without reemergence of any signs or symptoms before return to play. Student-Athletes who have sustained a concussion should complete a graduated return-to-play before they may resume competition or practice, as per their physician.

For further information on Sports-Related Concussions and other Head Injuries, please visit:

www.cdc.gov/concussion/sports/index.html www.nfhs.com
www.ncaa.org/health-safety www.bianj.org www.atsnj.org

Please Detach and Return

 Print Student-Athlete's Name

 Grade

 Signature of Student-Athlete

 Date

 Signature of Parent

 Date

*SBS Sports Related Concussion & Head Injury Fact Sheet

