

Sports Concussion  
Information Paper

A concussion is a disturbance in the function of the brain caused by a blow to the body or head, occurring in any sport or activity.

Signs to watch for:

- Headache
- Nausea
- Dizziness
- Problems with Memory
- Balance problems

Problems could arise over the first 24-48 hours. You should not be left alone and must go to a hospital at once if you:

- Have a headache and gets worse
- Are very drowsy or can't be awakened (woken up)
- Can't recognize people or places
- Have repeated vomiting
- Behave unusually or seem confused, are very irritable
- Have seizures (arms and legs jerk uncontrollable)
- Are unsteady on your feet, have slurred speech

Remember, it is better to be safe: Consult your doctor after a suspected concussion

Remember, concussions should be suspected in the presence of ANY ONE or more of the following:

- Symptoms (such as a headache), or
- Signs (such as loss of consciousness), or
- Memory problems

Any athlete with a suspected concussion should be monitored for deterioration (i.e. should not be left alone) and should not drive a motor vehicle.

Return to play:

Athletes should not be returned to play the same day of injury.

When returning athletes to play, they should follow a stepwise symptom-limited progress, with stages of progress. For example:

1. Rest until asymptomatic (Physical and mental rest)
2. Light aerobic exercise (e.g. stationary bike)
3. Sport-specific exercise (running, jogging, lateral movement)
4. Non-contact training drills (start light resistance training)
5. Full contact training after medical clearance
6. Return competition (game play)

There should be approximately 24 hours (or Longer) for each stage and the athlete should return to stage 1 if symptoms recur.

Resistance training should only be added in the later stages. Medical clearance should be given before return to play, and the athlete must have NO symptoms

We the Student-athlete and parent or court appointed guardian acknowledge and agree that we have read, understand and will abide by the above stated conditions:



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**Student-Athlete Signature**

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**Date**

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**Parent or Court Appointed Legal Guardian Signature**

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**Date**