

Concussion Information

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head. They can range from mild to severe and can disrupt the way a brain normally works. Even a “ding” or a bump on the head can be serious.

What are the signs and symptoms?

You can't see a concussion. Signs and symptoms of concussions can show up right after the injury or can take days or weeks to appear. If your teen reports any symptoms of a concussion, or if you notice the symptoms yourself, seek medical attention right away.

Signs observed by parent

- * Appears dazed or stunned
- * Is confused about assignment
- * Forgets plays
- * Is unsure, of game, score, or Opponent
- * Moves clumsily
- * Answers questions slowly
- * Loses consciousness
- * Shows behavior or personality changes
- * Can't recall events prior to hit
- * Can't recall events after hit

Symptoms reported by athlete

- * Headache
- * Nausea
- * Balance problems or dizziness
- * Double or fuzzy vision
- * Sensitivity to light or noise
- * Feeling sluggish
- * Feeling foggy or groggy
- * Concentration or memory problems

What should you do if you think your teenage athlete has a concussion?

1. Seek medical attention right away.

A health care professional will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.

2. Keep your teen out of play.

Concussions take time to heal. Don't let your teen return to play until a health care professional says it's OK. Athletes who return to play too soon – while the brain is still healing – risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your teen for a lifetime.

3. Tell all of your teen's coaches about any recent concussions.

Coaches should know if your teen had a recent concussion in ANY sport. Your teen's coaches may not know about a concussion your teen received in another sport or activity unless you tell them. Knowing about the concussion will allow the coach to keep your teen from activities that could result in another concussion.

4. Remind your teen.

It's better to miss one game than the whole season.

Concussions are taken very seriously at Crandall ISD. Any athlete suspected of having a concussion will be removed from participation and will not be allowed to return until cleared by the proper medical personnel.

Signs of a heat injury do not often appear immediately after the initial trauma, but several hours after the injury has occurred.

Medical attention should be sought immediately if one or more of the following symptoms appear after a head injury.

1. lack of sustained attention – inability to repeat numbers, months of year, counting backwards
2. confused mental status – disorientation to time, date, place, address, phone number, game opponent, score, quarter, or play assignment
3. amnesia – retrograde (before event) and/or post-trauma
4. dazed look or vacant stare
5. vomiting and/or nausea
6. delayed verbal and motor responses – slow to answer questions over a period of time
7. memory deficits (short term and delayed memory) – remembering the same questions over a period of time
8. emotional liability – emotions out of proportion for circumstances, combative and/or aggressive behavior
9. poor coordination – balance and strength
10. dizziness
11. headache or persistent headache that continues to increase in intensity
12. restlessness – changing positions or inability to get comfortable
13. hyperthesia – excessive sensitivity to touch, pain, light, or sound
14. stiffness of the neck
15. blood or clear fluid from nose or ears
16. weakness in either arm or leg
17. abnormal drowsiness or sleepiness
18. convulsions
19. unequal pupils or unresponsive pupils
20. poor ability to track with eyes
21. persistent ringing in ears
22. slurred or incoherent speech
23. blurred or double vision
24. disorientation
25. any period of loss of consciousness

If your son/daughter is taken for medical evaluation, we **must have** a medical release form **from the physician** before they will be allowed to return to participation.