

## CONCUSSION/HEAD INJURY FACT SHEET

### What is a concussion?

A concussion: is a brain injury.

It cannot be seen.

It is caused by a bump/blow to the head or "getting your bell rung."

It can change the way the brain normally works.

It can occur during practice or games in any sport.

It can happen even if you have not been knocked out.

It can be serious even if you have just been "dinged."

It can show up right after the injury.

It may not be noticed until days or weeks later.

### What are the symptoms of a concussion?

Appearing dazed or stunned.

Confusion about assignment or position.

Headaches or pressure in the head.

Unsure of game score or opponent.

Loss of consciousness.

Nausea or vomiting.

Balance problems, dizziness, clumsy movement.

Sensitivity to light or noise.

Feeling sluggish, hazy, foggy or groggy.

Problems concentrating remembering or answering.

Confusion or forgetting.

Behavior or personality change.

Trouble recalling events before the hit or blow.

Not feeling "right."

### What you should do if you think you have a concussion.

Tell your coach. Tell your parent and seek medical attention right away.

Never ignore a bump or blow to the head, even if you feel fine. Report to your coach if any of your team mates may have a concussion.

## CONCUSSION/HEAD INJURY FACT SHEET PARENTS/GUARDIANS

### WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding", "getting your bell rung" or what seems to be a mild bump or blow to the head can be serious. You cannot see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear to be noticed until days or weeks after the injury. If your child reports any symptoms of a concussion or if you notice any symptoms yourself, seek medical attention right away.

### WHAT ARE THE SYMPTOMS REPORTED BY ATHLETES?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

### WHAT ARE THE SIGNS OBSERVED BY PARENTS/GUARDIANS?

- 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 behavior or personality changes
- Cannot recall events prior to hit or fall
- Cannot recall events after hit or fall

### HOW CAN I HELP MY CHILD PREVENT A CONCUSSION?

- Ensure they follow their coach's rules for safety and the rules of the sport.
- Make sure they use the proper equipment, including personal protective equipment (such as helmets, padding, shin guards and eye and mouth guards—IN ORDER FOR EQUIPMENT TO PROTECT YOU, it must be the right equipment for the game, position and activity; it must be worn correctly and used every time you play.)
- Learn the signs and symptoms of a concussion.

### FOR MORE INFORMATION VISIT:

- [www.cdc.gov/traumaticbraininjury/](http://www.cdc.gov/traumaticbraininjury/)
- [www.oata.net](http://www.oata.net)
- [www.ossaa.com](http://www.ossaa.com)
- [www.nfhslearn.com](http://www.nfhslearn.com)
- [www.SportsConcussions.org](http://www.SportsConcussions.org)

**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON!**

Get medical attention. A doctor can tell you if you have a concussion. If you are diagnosed with a concussion, you must obtain a doctor's release before you can return to practice or active competition.

Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Additional concussions can damage your brain. It is important to rest until you have been released by your doctor to return to play.

### How can concussions be prevented?

Learn the signs and symptoms of a concussion.

Follow the coach's safety rules and the rules of the sport.

Practice good sportsmanship.

Use the proper equipment including personal protective equipment such as a helmet, padding, eye protection or mouth guard. In order for equipment to protect you, it must be the right equipment for the game, the right equipment for the position, and the right equipment for the activity. The equipment must be worn correctly and used every time you play.

For more information visit:

[www.cdc.gov/TraumaticBraininjury/](http://www.cdc.gov/TraumaticBraininjury/)

[www.oata.net](http://www.oata.net)

[www.ossaa.com](http://www.ossaa.com)

[www.nfhslearn.com](http://www.nfhslearn.com)

**CONCUSSION AND HEAD INJURY INFORMATION  
ACKNOWLEDGEMENT**

**WELCH PUBLIC SCHOOL**

In compliance with Oklahoma Statute Section 24-155 of Title 70, this acknowledgement confirms that you have read and understand the Concussion/Head Injury Fact Sheet provided by Welch Public School as it relates to potential concussions and head injuries occurring during participation in athletics.

I, \_\_\_\_\_ (printed student name) as a student/athlete participating in Welch School Athletics, have read the Concussion/Head Injury Fact Sheet. I understand it's content and warnings related to concussions and head injuries that might occur during participation in WPS athletic programs.

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Student/Athlete Signature

Date

I, \_\_\_\_\_ (printed parent/guardian name) as the parent/legal/guardian of the student/athlete listed above who is participating in Welch School Athletics, have read the Concussion/Head Injury Fact Sheet. I understand its content and warnings related to concussions and head injuries that might occur during participation in WPS athletic programs.

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Parent/Guardian Signature

Date

This form must be completed annually and prior to participation in WPS athletics.