

Danbury High School

Department of Athletics

Concussion Awareness and Acknowledgement Form

What is a Concussion?

A concussion is a mild traumatic brain injury (mTBI). Concussions are caused by a bump, blow or jolt to the head or body. A mild bump or blow to the head can be serious.

What are the signs and symptoms?

Signs and symptoms of a concussion may be present right after the injury or may not appear or be noticed until days after the injury. If your son or daughter reports one or more symptoms listed below, or as a parent you notice the symptoms, please keep your child out of play and seek medical attention right away.

Signs Observed by Family/Friends/Coaches	Symptoms reported by Athlete
<ul style="list-style-type: none">• Appears Dazed or stunned• Is confused about assignment or position• Forgets instruction• Is unsure of game, score or opponent• Moves clumsily• Answers questions slowly• Loses consciousness (even briefly)• Shows mood, behavior or personality changes• Can't recall events prior to or after the hit	<ul style="list-style-type: none">• Headache or "pressure" in head• Nausea or vomiting• Dizziness or balance problems• Double or blurry vision• Sensitivity to light or noise• Feels sluggish, hazy, foggy or groggy• Concentration problems• Confusion• Just not "feeling right" or is "feeling down"• Repeats the same comment or question
What to do if you or your student athlete suspect a concussion	
<ul style="list-style-type: none">• Do not hide it• Remove from play• Notify coaches and athletic trainers• Seek medical attention from a healthcare professional• Make sure to report any concussions that occur past and present• Give yourself time to rest and allow your brain to heal• No athlete may return to activity until obtaining medical clearance from their doctor• After receiving clearance from your doctor, perform a Return to Play protocol under the supervision of a healthcare professional	

Danger of playing with a possible head injury/concussion or returning too soon from a concussion:

Continuing to participate in athletics or returning to athletics while signs and symptoms are still present leaves the student-athlete vulnerable to a greater injury. Not only can returning too soon or not reporting a concussion prolong recovery, but it allows the possibility of sustaining another impact. Sustaining another impact during the period after a first concussion is known as Second Impact Syndrome. Second Impact Syndrome can lead to severe impairment and in extreme cases may even be fatal. It is important that student-athletes understand the importance of accurately reporting their signs and symptoms.

For further information visit:

www.cdc.gov/concussion

www.connecticutconcussiontaskforce.org

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I have read and understand the Concussion Awareness and Acknowledgement Form.

Signature of Parent/Legal Guardian

Date

Signature of Student Athlete

Date