

**INFORMATION SHEET FOR PARENTS/STUDENT-ATHLETES**  
**LONDONDERRY SCHOOL DISTRICT**  
**CONCUSSION AND HEAD INJURY INFORMATION SHEET**

A concussion is a brain injury caused by a blow or a motion to the head or body, which causes the brain to move rapidly inside the skull. A concussion can range from mild to severe and can disrupt the way the brain normally works. A concussion can occur during practice or games in any sport or recreational activity. You do not have to lose consciousness to have a concussion. The risk of catastrophic injuries or death is significant when a concussion or head injury is not properly evaluated and managed.

You cannot see a concussion. The signs and symptoms of a concussion may appear immediately or they may not appear until days after the injury. If your child reports any symptoms of a concussion, or if you notice the symptoms or signs of a concussion, seek medical attention.

Symptoms Reported by Student Athletes	Signs Observed by Parents or Guardians
Headache	Loss of consciousness
Nausea	Appears dazed
Balance Problems or Dizziness	Confused about assignment or position
Blurred, double or fuzzy vision	Forgets an instruction
Sensitivity to light or noise	Is unsure of the game, score or opponent
Fogginess or grogginess	Clumsiness
Drowsiness or sluggishness	Answers questions slowly, slurred speech
Concentration or memory problems	Behavior or personality changes
Confusion	Can't recall events <i>prior</i> to the injury
Change in Sleep Patterns	Can't recall events <i>after</i> the injury
Depression or anxiety	Seizures or convulsions

Continuing to play with the signs/symptoms of a concussion leaves the student athlete vulnerable to greater injury. Returning to play before completely recovering from a concussion increases the likelihood of sustaining another concussion. A repeat concussion that occurs before the brain recovers from the first can slow recovery and/or increase the likelihood of long-term problems. In some cases repeat concussions can lead to swelling of the brain, brain damage, and even death. Source: Center for Disease Control and Prevention. For more information see: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)

Parents and student-athletes are also encouraged to read the Board's Concussion Policy (Code JHCI), which contains important information about removal from play for suspected concussions or head injuries and return to play requirements.

**A PARENT/LEGAL GUARDIAN AND STUDENT-ATHLETE MUST SIGN THIS ACKNOWLEDGMENT BEFORE THE STUDENT WILL BE ALLOWED TO PLAY IN ANY REGULAR GAME.**

Parent/Legal Guardian and Student-Athlete Acknowledgment

We acknowledge

\_\_\_\_\_  
 Name of Student-Athlete (printed)                      Signature of Student Athlete                      Date

\_\_\_\_\_  
 Name of Parent/Legal Guardian (printed)                      Signature of Parent/Guardian                      Date

Adopted:            November 8, 2012