



**ALL North Cross School student-athletes must have this Concussion Education and Protocol Information submitted on-line prior to participation on any sports teams. Visit [www.northcross.org/athletics](http://www.northcross.org/athletics)**

North Cross School  
Concussion Information Sheet

A Concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or a jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding,” “getting your bell rung,” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your student-athlete reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

**Symptoms may include one or more of the following:**

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy
- Amnesia
- “Don’t feel right
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
- Repeating the same question/comment
- Change in sleep patterns

**Signs observed by teammates, parents and coaches include:**

- Appears dazed
- Vacant facial expressions
- Confusion about assignment
- Forgets plays
- Is unsure of game, score or opponent
- Shows behavior or personality changes
- Can’t recall events prior to event
- Can’t recall events after event
- Seizures or convulsions
- Any change in typical behavior or personality
- Moves clumsily or displays uncoordination
- Answers questions slowly
- Slurred speech



North Cross School  
Concussion Information Sheet cont'd

Gradual Return to Sports Participation Program Following a Concussion

After a student- athlete has sustained a concussion they will be started on a supervised Gradual Return to Sports Participation Program only **after they have received written medical clearance from the licensed health care provider**. Ideally the program will be supervised by the school certified athletic trainer (ATC).

Rehab Stage	Functional Exercise	Objective of Stage
1. No activity	Complete physical and cognitive rest	Recovery
2. Light aerobic activity	Walking, swimming, stationary cycling keeping intensity < 70% maximum heart rate; no resistance exercises.	Increase heart rate
3. Sport-specific exercise	Specific sport-related drills, but no head impact	Add movement
4. Noncontact training drills	More complex training drills; may start light resistance training	Exercise, coordination, cognitive load
5. Full-contact practice	After medical clearance, participation in normal training	Restore confidence and assess functional skills by coaches
6. Return to play	Normal game play	

(Adapted from the 2010 AAP Sport-Related Concussion in Children and Adolescents; 2008 Zurich Concussion in Sport Group Consensus)

- **Each stage in concussion rehabilitation should last no less than 24 hours with a minimum of 5 days required after activity is started to consider a full return to competition.**
- If symptoms recur during the rehabilitation program, the student-athlete should stop immediately.
- Once asymptomatic after at least another 24 hours, the student-athlete should resume at the previous asymptomatic level and try to progress again.
- Student-athletes must contact their licensed health care provider if symptoms recur.
- Any student-athlete with multiple concussions or prolonged symptoms may require a longer concussion-rehabilitation program, which is ideally created by a physician who is experienced in concussion management.

As each sports concussion is unique, the concussion management plan will be individualized for each student-athlete. The ultimate goal of the concussion program is to allow a safe return to play and minimizing any long-term health problems from a concussion.



North Cross School  
Concussion Information Sheet cont'd

What can happen if my student-athlete keeps on playing with a concussion or returns too soon?

**Student-athletes with the signs and symptoms of concussion should be removed from play immediately.** Continuing to play with the signs and symptoms of a concussion leaves the student-athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after the concussion occurs, particularly if the student-athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage student-athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and student-athletes is the key for the student-athlete's safety.

If you think your student-athlete has suffered a concussion

Any student-athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No student-athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the student-athlete should continue for several hours. North Cross School requires the consistent and uniform implementation of well-established "return to play" concussion guidelines that have been recommended for several years:

"A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from the competition at that time" and "...may not return to play until the student-athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider, which will initiate the 'Gradual Return to Sports Participation Program' (see page 4).

\*You should also inform your child's coach if you think your child may have a concussion. Remember...it's better to miss one game than miss the whole season. And..."when in doubt, the athlete sits out."

For current and up-to-date information on concussions you can go to:  
<http://www.cdc.gov/Concussions>

**ALL North Cross School student-athletes must have this Concussion Education and Protocol Information submitted on-line prior to participation on any sports teams.**  
**Visit [www.northcross.org/athletics](http://www.northcross.org/athletics)**