

Concussion Fact Sheet for Parents – Your Signature is Required

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, neck or face 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.**

You can't see a concussion and most 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 child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion, seek medical attention right away. If your child has experienced a bump or blow to the head in any activity, look for any of the following signs and symptoms of a concussion:

Signs and symptoms frequently observed by parents

- Appears dazed or stunned
- Is confused about simple facts (day, date, time)
- Forgets an instruction
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to the injury
- Can't recall events after the injury

Symptoms frequently reported by athletes

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

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. Seek medical attention right away to determine the severity of the concussion. An MD, DO, ARNP, or certified athletic trainer will be able to decide how serious the concussion is and when it is safe for your child to return to normal academic and/or physical activity. If your child is diagnosed with a concussion, please submit medical documentation to the Academic Vice Principal to obtain a temporary academic accommodation plan.

2. If your child is participating in a Bellarmine sport, inform the Bellarmine athletic training staff (email: garcia@bellarmineprep.org or cell: 253-209-5940) as well as his/her coach as soon as possible. This is critical even if your child suffered a concussion at a non-Bellarmino activity.

3. Keep your child out of play. Concussions take time to heal. Children who return to their sport/activity 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, cause permanent brain damage, and may affect your child for a lifetime. Any athlete who has been removed from play may not return to play until he/she is evaluated by a **MD, DO, ARNP, or Certified Athletic Trainer**, trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider.

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from a concussion.

1. Ensure that they follow all safety rules for each sport and/or activity in which they participate.
2. Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.

Parent Signature _____ Date _____ Student Name _____
(Required) (Please print)