

**ACKNOWLEDGEMENT OF CONCUSSION PROCEDURES &
CONCUSSION INFORMATION SHEET**

Dear Parent or Guardian:

By signing this form, you are acknowledging your understanding that athletic participation, in any sport, places your son/daughter at some risk for sustaining a concussion. Concussions (and traumatic brain injury) can lead to life-altering or life-threatening consequences.

You are acknowledging your understanding that under the Procedures and Guidelines of this School District, in compliance with state law, any student athlete (including cheerleaders) with suspected concussion symptoms will be removed from practice or competition immediately for evaluation in accordance with accepted protocol(s) and may thereafter be required to be evaluated by a medical professional of your choice who has been trained in concussion evaluation. In such cases the athlete will not be able to return to play until he/she has written clearance from a physician so qualified and is able to pass all reasonable physical and cognitive testing including, but not limited to, a return to play protocol set forth and approved in recognized medical procedures for athletes.

You also acknowledge being informed that concussions affect people differently and recovery time is not always predictable. Accordingly, any athlete who sustains a concussion will not be allowed to participate until he or she has fully recovered from the concussion and presents with no physical or cognitive symptoms.

Keep the attached Concussion Information Sheet as a reference. Please sign and submit the original of this form to your above-mentioned coach, trainer, or other school representative and keep a copy for your records.

Any athletic trainer, physician, physician's assistant, or nurse practitioner, whether paid or volunteering, who evaluates an athlete on-site during practice or competition and, in his or her best professional judgment and in accordance with accepted protocols, does not find signs of concussion or brain injury and authorizes return to play is generally immune from liability under the law.

Student - Athlete Name PRINTED

Student - Athlete Name SIGNATURE

Date

Parent or Legal Guardian Name PRINTED

Parent or Legal Guardian SIGNATURE

Date



Procedures & Guidelines for Athletes Incurring Brain Injury

The Aiken County Public School District in compliance with the South Carolina High School League follows the following protocols for students *exhibiting any sign or symptom* indicating any type of potential brain injury.

Concussion: If a student-athlete, which includes cheerleaders, exhibits signs and symptoms consistent with a concussion (even if not formally diagnosed), the student-athlete is to be removed from play and is not allowed to return to play (game, practice, or conditioning) on that day.

Student-athletes are encouraged to report their own symptoms, or to report if peers may have concussion symptoms. Coaches, parents, volunteers, first responders, school nurses, certified athletic trainers (if available), are responsible for removing a student athlete from play if they suspect a concussion.

A student athlete who has been removed from play may return to play if, as a result of evaluating the student athlete on site, the athletic trainer, physician, physician assistant pursuant to scope of practice guidelines, or nurse practitioner pursuant to a written protocol determines in his best professional judgment that the student athlete does not have any signs or symptoms of a concussion or brain injury.

A student athlete who has been removed from play and evaluated and who is suspected of having a concussion or brain injury may not return to play until the student athlete has received written medical clearance by a physician.

Following the injury, the district will provide the necessary medical management to serve as resources in the area of concussion management. ***All SCHSL member school student-athletes diagnosed with a concussion are required to have written medical clearance by a physician.*** 'Physician' is defined in the same manner as provided in Section 40-47-20(35) which defines "Physician" as a doctor of medicine or doctor of osteopathic medicine licensed by the South Carolina Board of Medical Examiners.

Concussion

INFORMATION SHEET



IN.

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



cdc.gov/HEADSUP

CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

What Should I Do If My Child or Teen Has a Possible Concussion?

▶ **Children and teens** who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.
