

Concussion/Head Injury Fact Sheet Student Athletes

What is a Concussion?

- A Concussion is a brain injury.
- Is caused by a bump or blow to the head.
- Can change the way your brain works.
- Can occur during practice or games of any sport.
- Can happen even if you are not knocked out.
- Can be serious even if you have just been dinged.

Symptoms of a Concussion

- Headache or pressure in the head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Sensitivity to Light.
- Sensitivity to Noise.
- Feeling Sluggish/Hazy/Foggy/Groggy.

What should I do if I think I have a Concussion?

-Tell your Coaches and Parents – Never ignore the symptoms of a concussion. Also tell your coach if one of your teammates is suffering from symptoms.

-Get a Medical Checkup – A doctor or health care professional can tell you if you have a concussion and when you are OK to play.

-Give yourself time to get better – If you have had a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have a second concussion.

How can I prevent a Concussion?

- Follow your coach's rules for safety and the rules of the sport.
- Practice Good Sportsmanship.
- Use the Proper equipment – It must be worn correctly and worn every time in game and practice.

Concussion and Head Injury Acknowledgement Poteau Public Schools

In compliance with Oklahoma Statute Section 24-155 of Title 70, this acknowledgement form is to confirm that you have read and understand the CONCUSSION FACT SHEET provided to you by Poteau Public Schools related to potential concussions and head injuries occurring during participation in athletics.

I, _____
[Please print student Athlete's Name]

as a student-athlete who participates in Poteau Athletics and I, _____
[Print parent/guardian's name]

as the parent/legal guardian, have read the information material provided to us by Poteau Public School related to concussions and Head injuries occurring during participation in athletic programs and understand the content and warnings.

Signature of Student-Athlete

Date

Signature of Parent/Legal Guardian

Date

Refer to these websites for more information on concussions and their treatment.

<http://www.concussiontreatment.com/forparents.html>

<http://www.cdc.gov/concussion/>

<http://www.sportconcussionlibrary.com/content/concussion-information-parents>