

Lake Central Athletics Student & Parent/Guardian Concussion Information & Acknowledgement

In order to better protect and inform student-athletes and families, Lake Central Athletics has mandated that all athletes, parents/guardians, and coaches follow the IHSAA Concussion Policy and Indiana State Law, which requires an acknowledgement of having been informed about concussions.

A concussion is a brain injury, and all brain injuries are serious. They may be caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head.

A concussion 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” or a bump on the head can be serious. One cannot see a concussion. Most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show right after the injury or can take hours or days to fully appear. If your child/player reports any symptoms of concussion, or if you notice the symptoms/signs of concussion, seek medical attention right away.

Symptoms may include one or more of the following:

1. Headache.
2. Nausea/vomiting.
3. Balance problems or dizziness.
4. Double vision or changes in vision.
5. Sensitivity to light or sound/noise.
6. Feeling of sluggishness or foggy.
7. Difficulty with concentration, short-term memory, and/or confusion.
8. Irritability or agitation.
9. Depression or anxiety.
10. Sleep disturbance.

Signs observed by teammates, parents and coaches include:

1. Appears dazed, stunned, or disoriented.
2. Demonstrates short-term memory difficulties (e.g. is unsure of the game, score, plays, or opponent).
3. Exhibits difficulties with balance or coordination.
4. Answers questions slowly or inaccurately.
5. Loses consciousness.
6. Demonstrates behavior or personality changes.
7. Unable to recall events prior to or after the hit.

What can happen if my child/player keeps on playing with a concussion or returns too soon?

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 athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the 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 athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

What should I do if I think your child/player has suffered a concussion?

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear. Close observation of the athlete should continue for several hours.

An athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and may not return to play that day until the athlete is evaluated by a medical doctor, or doctor of osteopathy, or certified/licensed athletic trainer, trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider that states the athlete has not suffered a concussion. If it is determined the athlete has suffered a concussion, the athlete may not return to competition that day under any circumstances and thereafter must be evaluated by and receive written clearance from a medical doctor or doctor of osteopathy.

You should also inform you child’s Coach, Athletic Trainer (ATC), and/or Athletic Administrator, if you think that your child/player may have a concussion. And when it doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to the following sites:

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

www.nfhslearn.com

Lake Central Athletics’ Concussion Protocol will be the following:

- Game or Practice Suspect Concussion →
 - 1) Referee/Official, Coach, or Athletic Trainer notices signs of concussion in an athlete: Athlete is removed from contest/practice and evaluated by health care professional.
 - 2) Should a concussion be determined, an athlete will not be permitted to return to contest/practice until the following steps have been completed:
 - a- Impact Test shows return to baseline (1st test within 72-hrs);
 - b- Athlete has been seen and cleared by an MD or DO to return to participation;
 - c- Athlete is symptom free at rest and at exertion;
 - d- Athlete has demonstrated successful ability to complete the 5-step return-to-play aerobic and agility protocol as monitored by the athletic trainer (ATC).
- At Home Suspect Concussion →
 - 1) Parent or Student-Athlete notices signs/symptoms of concussion while at home: The family should seek medical consultation and notify the Head Coach and Athletic Trainer.
 - 2) Should a concussion be determined, the athlete will not be permitted to return to contest/practice until the above Game or Practice Suspect Concussion steps have been completed.

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| Signature of Student-Athlete | Print Student-Athlete’s Name | Date |
| Signature of Parent/Guardian | Print Parent/Guardian’s Name | Date |

*Please return this form to your head coach to keep on file in the athletic department.