

TCS STUDENT/PARENT CONCUSSION AWARENESS FORM

DANGERS OF CONCUSSION: Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered a little more than a minor “ding” to the head., it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

A Player and parental education in this area is crucial - that is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each student who wishes to participate in GHSA athletics. One copy need to be returned to the school and one retained at home.

★ COMMON SIGNS AND SYMPTOMS OF CONCUSSION

- **Headache, dizziness, poor balance, moves clumsily, reduced energy level/tiredness**
- **Nausea or vomiting**
- **Blurred vision, sensitivity to light and sounds**
- **Fogginess or memory, difficulty concentrating, slowed thought process, confused about surroundings or game assignments**
- **Unexplained changes in behavior and personality**
- **Loss of consciousness (NOTE: This does not occur in all concussions episodes.)**

BY-LAW 2.68: GHSA CONCUSSION POLICY: In accordance with Georgia Law and national playing rules published by the National Federation of State High School Associations, any athlete who exhibits signs, and symptoms, or behaviors consistent with a concussion shall immediately be removed from practice or contest and shall not return to play until an appropriate health care professional has determined that no concussion has occurred. (NOTE: An appropriate health care professional may include, licensed physician (MD/DO) or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management.

- A) No athlete is allowed to return to a game or practice on the same day that a concussion **(a) has been diagnosed, OR (b) cannot be ruled out**
- B) Any athlete diagnosed with a concussion shall be cleared medically by an appropriate health care profession prior to resuming participation in any future practice or contest. The formulation of a gradual return to play protocol shall be a part of the medical clearance
- C) It is mandatory that every coach in each GHSA sport participate n a free, online course on concussion beginning with the 2013-2014 school year.
- D) Each school will be responsible for monitoring the participation of its coaches in the concussion management course, and shall keep a record of those who participate.

I HAVE READ THIS FORM AND I UNDERSTAND THE FACTS PRESENTED IN IT.

SIGNED:

 STUDENT

 (PARENT OR GUARDIAN)

DATE:

By typing in your name and your child's name, you acknowledge this as your written signature