



## Student/Parent Concussion Awareness Form

STUDENT-ATHLETE NAME: \_\_\_\_\_ SCHOOL: \_\_\_\_\_

### DANGERS OF CONCUSSION

Concussions at all levels of sports have received a great deal of attention. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered 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. Symptoms, such as loss of consciousness, feeling dazed, disoriented, or confused, can show up immediately with some symptoms not developing for days or weeks. 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.

**CONCUSSION POLICY:** In accordance with D.C.’s Youth Athletic Concussion Protection Act and National Federation of State High School Associations, an athlete who is suspected of sustaining a concussion in an athletic activity shall be immediately removed from physical participation in the athletic activity. An athlete who has been removed from an athletic activity may not return to physical participation in the athletic activity until they have been evaluated by a licensed or certified health-care provider((MD/DO) and receives written clearance to return to physical participation in the athletic activity from the evaluating health-care provider. Additionally, KIPP DC requires that no athlete is allowed to return to a game or a practice on the same day that a concussion has been diagnosed, OR cannot be ruled out. The formulation of a gradual return to play protocol shall be a part of the medical clearance.

***By signing this concussion form, I give permission to transfer this concussion form to the other sports that my child may play during the 2024 - 2025 school year. I am aware of the dangers of concussion and this signed concussion form will represent myself and my child during this school year. This form will be stored with the athletic physical form and other accompanying forms required by KIPP DC Athletics Department.***

**I HAVE READ THE STATEMENT ABOVE AS WELL AS THE ACCOMPANYING HEADS UP CONCUSSION DOCUMENT, AND I UNDERSTAND THE INFORMATION PRESENTED IN BOTH.**

\_\_\_\_\_  
(Parent Name-Printed)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Parent Signature)

# KIPP DC

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## What is a Concussion?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding”, “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious.

## What are the Signs and Symptoms of a Concussion?

Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a healthcare professional experienced in evaluating for concussion.

## Did You Know?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

## Symptoms Reported by Athlete:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems

- Confusion
- Just not “feeling right” or is “feeling down”

## Signs Observed by Coaching Staff:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

## Concussion Danger Signs

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)



### **What Should You Do If You Think Your Athlete Has a Concussion?**

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a healthcare professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

### **Why Should an Athlete Report Their Symptoms?**

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. This can even be fatal.



## 6-Step Return to Play Progression

It is important for an athlete's parent(s) and coach(es) to watch for concussion symptoms after each day's return to play progression activity. An athlete should only move to the next step if they do not have any new symptoms at the current step. If an athlete's symptoms come back or if he or she gets new symptoms, this is a sign that the athlete is pushing too hard. The athlete should stop these activities and the athlete's medical provider should be contacted. After more rest and no concussion symptoms, the athlete can start at the previous step.

1. **Back to regular activities (such as school):** Athletes are back to their regular activities (such as school) and have the green-light from their healthcare provider to begin the return to play process. An athlete's return to regular activities involves a stepwise process. It starts with a few days of rest (2-3 days) and is followed by light activity (such as short walks) and moderate activity (such as riding a stationary bike) that do not worsen symptoms. You can learn more about the steps to return to regular activities at: [https://www.cdc.gov/headsup/basics/concussion\\_recovery.html](https://www.cdc.gov/headsup/basics/concussion_recovery.html).
2. **Light aerobic activity:** Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weight lifting at this point.
3. **Moderate activity:** Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (less time and/or less weight from their typical routine).
4. **Heavy, non-contact activity:** Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).
5. **Practice & full contact:** Young athletes may return to practice and full contact (if appropriate for the sport) in controlled practice.
6. **Competition:** Young athlete may return to competition.

To learn more, go to [www.cdc.gov/headsup](http://www.cdc.gov/headsup).