Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are 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. They 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. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

<table>
<thead>
<tr>
<th>Symptoms may include one or more of the following:</th>
<th>Signs observed by teammates, parents and coaches include:</th>
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<tbody>
<tr>
<td>• Headaches</td>
<td>• Appears dazed</td>
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<tr>
<td>• “Pressure in head”</td>
<td>• Vacant facial expression</td>
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<tr>
<td>• Nausea or vomiting</td>
<td>• Confused about assignment</td>
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<td>• Neck pain</td>
<td>• Forgets plays</td>
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<td>• Balance problems or dizziness</td>
<td>• Is unsure of game, score, or opponent</td>
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<td>• Blurred, double, or fuzzy vision</td>
<td>• Moves clumsily or displays incoordination</td>
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<td>• Sensitivity to light or noise</td>
<td>• Answers questions slowly</td>
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<td>• Feeling sluggish or slowed down</td>
<td>• Slurred speech</td>
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<tr>
<td>• Feeling foggy or groggy</td>
<td>• Shows behavior or personality changes</td>
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<td>• Drowsiness</td>
<td>• Can’t recall events prior to hit</td>
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<td>• Change in sleep patterns</td>
<td>• Can’t recall events after hit</td>
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<td></td>
<td>• Seizures or convulsions</td>
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<td></td>
<td>• Any change in typical behavior or personality</td>
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<td></td>
<td>• Loses consciousness</td>
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What can happen if my child 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 young 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 fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete’s safety.

If you think your child 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, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child’s coach if you think that your child may have a concussion. Remember it’s better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to: http://www.cdc.gov/ConcussionInYouthSports/

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
IHSA Performance-Enhancing Substance Testing Policy

In 2008, the IHSA Board of Directors established the association’s Performance-Enhancing Substance (PES) Testing Program. Any student who participates in an IHSA-approved or sanctioned athletic event is subject to PES testing. A full copy of the testing program and other related resources can be accessed on the IHSA Sports Medicine website. Additionally, links to the PES Policy and the association’s Banned Drug classes are listed below. School administrators are able to access the necessary resources used for program implementation in the IHSA Schools Center.

IHSA PES Testing Program

IHSA Banned Drug Classes

IHSA Steroid Testing Policy Consent to Random Testing

As a prerequisite to participation in IHSA athletic activities, we agree that I/our student will not use performance-enhancing substances as defined in the IHSA Performance-Enhancing Substance Testing Program Protocol. We have reviewed the policy and understand that I/our student may be asked to submit to testing for the presence of performance-enhancing substances in my/our student’s body either during IHSA state series events or during the school day, and I/our student do/does hereby agree to submit to such testing and analysis by a certified laboratory. We further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my/our student’s high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at www.IHSA.org. We understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. We understand that failure to provide accurate and truthful information could subject me/our student to penalties as determined by IHSA.

A complete list of the current IHSA Banned Substance Classes can be accessed at
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IHSA Sports Medicine Acknowledgement & Consent Form

Acknowledgement and Consent

Student/Parent Consent and Acknowledgements
By signing this form, we acknowledge we have been provided information regarding concussions and the IHSA Performance-Enhancing Testing Policy. We also acknowledge that we are providing consent to be tested in accordance with the procedures outlined in the IHSA Performance-Enhancing Testing Policy.

STUDENT
Student Name (Print): ___________________________ Grade (9-12): ________
Student Signature: ___________________________ Date: __________

PARENT or LEGAL GUARDIAN
Name (Print): _______________________________________________________
Signature: __________________________________ Date: __________
Relationship to student: ____________________________________________

Consent to Self Administer Asthma Medication
As a patient under my care, ________________________________, is prescribed to self-administer the following asthma medication.

Medication: _______________________________________________________

Purpose: __________________________________________________________

Dosage: __________________________________________________________

Time/Special Circumstances: _________________________________________

_________________________ ___________________________ ____________
Printed Name of Physician Signature of Physician Date

I, ______________________________, do hereby give my son/daughter, ________________________________, _____________.

Permission to self-administer his/her asthma medication as prescribed by his/her physician during athletic competition.

_________________________ ___________________________ ____________
Printed Name of Parent/Guardian Signature of Parent/Guardian Date

Each year IHSA member schools are required to keep a signed Acknowledgement and Consent form and a current Pre-participation Physical Examination on file for all student athletes.