



Concussions: The Invisible Injury

Student Athlete and Parent Information Sheet

Concussion definition

A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

Facts about Concussions according to the Center for Disease Center (CDC)

- An estimated 4 million people under age 19 sustain a head injury annually. Of these, approximately 52,000 die and 275,000 are hospitalized.
- An estimated 300,000 sports and recreation related concussions occur each year.
- Students who have had at least one concussion are at increased risk for another concussion.

In New York State in 2009, approximately 50,500 children under the age of 19 visited the emergency room for a traumatic brain injury and , of those, approximately 3,000 were hospitalized.

Requirements of School Districts

Education

- Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course in concussion management on a biennial basis, starting with the 2012-2013 school year.
- School coaches and physical education teachers must complete the CDC course (Heads Up).
- School Nurses and athletic trainers must complete the concussion course, preventing concussions.

Information

- Provide concussion management information and sign off with a parental permission form.
- The concussion management and awareness information on the State Education Department web site must be made available on the school web site, if one exists.

Removal from Athletics

- Requires the immediate removal from athletic activities of a pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For Interscholastic Athletics, clearance must come from the school physician.
- Such authorization must be kept in the pupil's permanent health record.
- Schools shall follow directives issued by the pupil's treating physician

Symptoms

Symptoms of a concussion are the result of a temporary change in the brain's function. In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

It is imperative that any student who is suspected of having a concussion is removed from athletic activity (e.g. recess, PE class, sports) and remains out of such activities until evaluated and cleared to return to activity by a physician.

- Symptoms include, but are not limited to:
- Decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information
- Confusion or appears dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulties, dizziness, or clumsy movements
- Double or blurry vision Sensitivity to light and/or sound
- Nausea, vomiting and/or loss of appetite Irritability, sadness or other changes in personality Feeling sluggish, foggy or light-headed Concentration or focusing problems
- Drowsiness
- Fatigue and/or sleep issues – sleeping more or less than usual

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room.

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbing in arms or legs, facial drooping
- Unsteady gait
- Change in pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture: blood draining from ear or clear fluid from the nose

Plainview-Old Bethpage CSD Return to Learn and Return to Play Protocols

Return to play (physical education class, recess, and all other physical activities) following a concussion involves a stepwise progression once the individual is symptom free. There are many risks to premature return to play including: a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms, and possibly increased risk for additional injury due to alteration in balance. These NYSPHAA current Return to Play recommendations are based on the most recent international expert opinion. No student should return to play while symptomatic. Students are prohibited from returning to play the day the concussion is sustained. If there is any doubt as to whether a student has sustained a concussion, it should be treated as a concussion.

When a head trauma incident or suspected incident occurs or is disclosed, the trainer and coach should be notified immediately. The coach will be responsible for contacting the student's parents, the Director of Physical Education, Health, Athletics and Recreation, and the school nurse. Should the incident occur during school hours, the student will be immediately accompanied to the nurse. The student will complete a detailed incident report with the coach or school nurse (if the incident occurred during school hours) as soon as possible. The student will then be required to be evaluated by a physician to gain clearance for participation in physical activity. The student will provide the school nurse with a signed, dated and written authorization from the physician before he/she can start any physical activity. The school nurse will forward copies of the signed, dated and written authorization to the coach, athletic trainer (where applicable), Director of Physical Education, Health, Athletics and Recreation, and the District Medical Director/Physician.

Once a student athlete is symptom free at rest for 24 hours, has submitted a signed, dated and written authorization by a physician that has been reviewed and deemed medically acceptable by the District's Medical Director/Physician, she/he may begin the return to play stepwise progression below (provided there are no other mitigating circumstances).

Return to Play Protocol (monitored by the coach and trainer):

Day 1: Low impact, non strenuous, light aerobic activity (ex. Stretching, walking).

Day 2: Higher impact, higher exertion, moderate aerobic activity. No resistance training (ex. Light jogging).

Day 3: Sport specific non-contact activity. Low resistance weight training with a spotter (ex. Throwing, shooting ball).

Day 4: Sport specific activity, non-contact drills. Higher resistance weight training with a spotter (ex. Sliding drills).

Day 5: Full contact training drills and intense aerobic activity (ex. Full practice).

Day 6: Return to full activities with clearance from District Medical Director/Physician.

Each step should take 24 hours so that an athlete would take approximately one week to proceed through the full rehabilitation and stepwise protocol once they are asymptomatic at rest and with provocative exercise. If any post concussion symptoms occur while in the stepwise program, then the student should restart the process beginning with an evaluation by a licensed health care provider/personal physician.

Academic Considerations

Students may require special temporary accommodation to their academic program as a result of their concussion while the student is experiencing symptoms. The student must submit to the District a written recommendation and medical documentation from the student's personal physician supporting the need for any such accommodation

Resources

Websites

Plainview-Old Bethpage Athletic Website - <http://www.pobschools.org/Page/3283>

New York State Education Department

New York State Department of Health - http://www.health.ny.gov/prevention/injury_prevention/concussion/htm

New York State Public High School Athletic Association - www.nysphsaa.org/safety/

ESPN Video – Life Changed by Concussion - <http://espn.go.com/video/clip?id=7525526&categoryId=5595394>

SportsConcussions.org

Consensus Statement on Concussion in Sport – Zurich - <http://sportconcussions.com/html/Zurich%20Statement.pdf>



Parent and Student Athlete Concussion Information Sheet

I have read all of the materials in the following Parents and Athlete information sheet. I am aware of the protocols and guidelines set forth by New York State and the Plainview-Old Bethpage CSD.

I agree to support the Concussion Management Team and the Athletic Department in its enforcement of these expectations.

Please return this sheet to your head coach prior to the start of the season. A student athlete may not participate in an interscholastic contest (practice, game, scrimmage, etc...) without a signed form on file.

Student Name (Print) _____

Student Signature _____

Sport _____

Parent/Guardian Signature _____

Date _____