Oak Park District 97 Concussion Acknowledgement Form

Oak Park School District 97 Concussion Information Sheet for Parents and Guardians

Student’s Name: ___________________________  Grade: _______  Date: ______________

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 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 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.

**Symptoms of Concussion May Include One or More of the Following:**

- Headaches or “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down. Feeling foggy or groggy
- Drowsiness or changes in sleep patterns
- Amnesia
- Fatigue or low energy or reports “not feeling right”
- Sadness or irritability
- Nervousness or anxiety
- Concentration or memory problems
- Repeating the same question/comment

**Signs observed by teammates, parents and coaches include:**

- Loses consciousness or experiences a seizure or convulsions
- Vacant facial expression or appears dazed
- Confused about assignment or is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit or can’t recall events after a hit
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What can happen if my child keeps on playing with a concussion? Students with the signs and symptoms of concussion should be removed from play immediately. There is an increased risk of significant damage from a concussion for a period of time after the injury occurs, particularly if the student 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 consequences. It is well known that young students 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’s safety. Any student even suspected of suffering a concussion should be removed from play or practice immediately. No student 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 student should continue for several hours. Oak Park District 97 requires students to provide their school with written clearance from a physician licensed to practice medicine in all its branches prior to returning to learn and play following a concussion. In accordance with state law under the Illinois Youth Sports Concussion Safety Act P.A. 99-0245, all public schools are required to follow this policy. You should also inform your child’s medical provider, school nurse, teacher, principal and coaches if you think that your child may have a concussion. For current and up-to-date information on concussions you can go to: http://www.cdc.gov/ConcussionInYouthSports/

I Have Received Information on Concussion Safety from Oak Park District 97

__________________________________________________________  Date___________

Parent Signature