

# Concussions

## What you need to know

### What is the law?

**Schools:** House Bill 284, the Return to Play Act of 2013, requires all public and private schools to create a concussion policy that, at a minimum, includes these standards:

- Prior to the beginning of each athletic season, an information sheet that informs parents or legal guardians of the risk of concussions must be provided.
- If a youth athlete (ages 7 to 18) participating in a youth athletic activity exhibits signs or symptoms of a concussion, he must be removed from play and evaluated by a healthcare provider.
- Before a youth athlete can return to play, he must be cleared by a healthcare provider trained in the management of concussions.

**Recreational Leagues:** HB 284 requires recreational leagues to provide an information sheet on the risks of concussion at the time of registration to all youth athletes' (ages 7 to 18) parents or legal guardians.

### What is a concussion?

It is a type of brain injury caused by trauma. It can be caused by a hard bump on or blow to or around the head, which causes the brain to move quickly inside the head. You do not have to lose consciousness to have a concussion. If a concussion is not properly treated, it can make symptoms last longer and delay recovery. A second head trauma before recovery could lead to more serious injuries.

### What are the signs and symptoms?

There are many signs and symptoms linked with concussion. Your child may not have any symptoms until a few days after the injury. Signs are conditions observed by other people and symptoms are feelings reported by the athlete.

#### Signs observed by others

- Appears dazed or stunned
- Moves clumsily
- Forgets plays
- Answers questions slowly
- Is unsure of game or opponent
- Shows behavior or personality changes

#### Symptoms reported by athlete

- Headache
- Fuzzy vision
- Nausea
- Feeling foggy
- Dizziness
- Concentration problems

### What should you do if you suspect a concussion?\*

- Do not let your child play with a head injury.
- Check on your child often after the injury for new or worsening signs or symptoms. If the symptoms are getting worse, take him to the nearest Emergency Department.
- Take your child to the doctor for any symptom of a concussion.
- Do not give your child pain medications without talking to your child's doctor.
- Your child should stop all athletic activity until his doctor says it is OK. Your child must stay out of play until he is cleared by a licensed healthcare provider.
- Educate your child on concussions and why he cannot play until the symptoms are gone. Your child will need a gradual return to school and activities.
- Tell your child's coaches, school nurses and teachers if he has a concussion.

**\*In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

### Warning signs

**Call your child's doctor right away if he has:**

- New signs that his doctor does not know about
- Existing signs that get worse
- Headaches that get worse
- A seizure
- Neck pain
- Tiredness or is hard to wake
- Continued vomiting
- Weakness in the arms or legs
- Trouble knowing people or places
- Slurred speech
- Loss of consciousness
- Blood or fluid coming from nose or ear
- A large bump or bruise on scalp, especially in infant younger than 12 months

### Where can I find more information?

Visit [choa.org/concussion](http://choa.org/concussion) for return to school and activities guidelines, educational videos and general concussion information.

*This is general information and not specific medical advice. Always consult with a doctor or healthcare provider if you have questions or concerns about the health of a child. This piece was created by the concussion team at Children's Healthcare of Atlanta. ©2013 Children's Healthcare of Atlanta Inc. All rights reserved.*

It is the policy of the Episcopal Day School that athletes cannot practice or compete in activities until this form is signed and returned. By signing this form, you acknowledge that you have received the fact sheet on concussions.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete's Printed Name

\_\_\_\_\_  
Athlete's Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete's School

\_\_\_\_\_  
Grade