

## Concussion Information & Education When in Doubt, Sit Them Out!

1. Before any student may participate in practice or competition: at the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he/she is under the age of 19, by his/her parent of guardian.
2. An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.
3. A person who has been removed from a youth athletic activity may not participate in a youth athletic activity until he/she is evaluate by a health care provider and receives a written clearance to participate in the activity from the health care provider.

| <b>These are some SIGNS concussion<br/>(what others can see in an injured athlete)</b>   | <b>These are some of the more common<br/>SYMPTOMS of concussion<br/>(what an injured athlete feels)</b>  |
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| <ul style="list-style-type: none"> <li>Dazed or stunned appearance</li> <li>Change in the level of consciousness or awareness</li> <li>Confused about assignment</li> <li>Forgets plays</li> <li>Unsure of score, game, opponent</li> <li>Clumsy</li> <li>Answers more slowly than usual</li> <li>Shows behavior changes</li> <li>Loss of consciousness</li> <li>Asks repetitive questions or memory concerns</li> </ul> | <ul style="list-style-type: none"> <li>Headache</li> <li>Nausea</li> <li>Dizzy or unsteady</li> <li>Sensitive to light or noise</li> <li>Feeling mentally foggy</li> <li>Problems with concentration and memory</li> <li>Confused</li> <li>Slow</li> </ul> |

Injured athletes can exhibit many or just a few of the signs and/or symptoms of concussion. However, if a player exhibits any signs of symptoms of a concussion, the responsibility is simple: remove them from participation. "When in doubt, sit them out."

It is important to notify a parent or guardian when an athlete is thought to have a concussion. Any athlete with a concussion must be seen by an appropriate health care provider before returning to practice (including weight lifting) or competition.

### RETURN TO PLAY

Current recommendations are for a stepwise return to play program. In order to resume activity, the athlete must be symptom free and off any pain control or headache medications. The athlete should be carrying a full academic load without any significant accommodations. Finally, the athlete must have clearance from an appropriate health care provider.

The program described below is a guideline for returning concussed athletes when they are symptom free. Athletes with multiple concussions and athletes with prolonged symptoms often require a very different return to activity program and should be managed by a physician that has experience in treating concussion.

The following program allows for one step per 24 hours. The program allows for a gradual increase in heart rate/physical exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.

- STEP ONE:**      **About 15 minutes of light exercise: stationary biking or jogging**
- STEP TWO:**    **More strenuous running and sprinting in the gym or field without equipment**
- STEP THREE:** **Begin non-contact drills in full uniform. May also resume weight lifting**
- STEP FOUR:**    **Full practice with contact**
- STEP FIVE:**    **Full game clearance**

### Ellsworth Community Youth Recreation Association (ECYR)

**Statement Acknowledging Receipt of Education and Responsibility to report signs or symptoms of concussion to be included as part of the "Participant and Parental Disclosure and Consent Document".**

I, \_\_\_\_\_, (*Student/Athlete Name*) of the ECYR hereby acknowledge having received education about the signs, symptoms, and risks of sport related concussion. I also acknowledge my responsibility to report to my coaches, parent(s)/guardian(s) any signs or symptoms of a concussion. I certify that I have read, understand, and agree to abide by all of the information contained in this sheet. I further certify that if I have not understood any information contained in this document, I have sought and received an explanation of the information prior to signing this statement.

\_\_\_\_\_  
*Printed name of student/athlete*

\_\_\_\_\_  
*Signature of student/athlete*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Grade*

I, the parent/guardian of the student athlete named above, hereby acknowledge having received education about the signs, symptoms, and risks of sport related concussion. I certify that I have read, understand, and agree to abide by all of the information contained in this sheet. I further certify that if I have not understood any information contained in this document, I have sought and received an explanation of the information prior to signing this statement.

\_\_\_\_\_  
*Printed name of parent/guardian*

\_\_\_\_\_  
*Signature of parent/guardian*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Grade*