

## ATTACHMENT H – CONCUSSION SUPPLEMENT



### KNOW YOUR CONCUSSION ABCs

Assess  
the  
situation

Be alert for  
signs and  
symptoms

Contact a  
health care  
provider

### Wisconsin Concussion Fact Sheet for Parents

#### What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head and can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

#### What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness.

If your child or teen reports one or more of the symptoms of concussion listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

#### SIGNS AND SYMPTOMS OF A CONCUSSION

##### SIGNS OBSERVED BY PARENTS OR GUARDIANS

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events prior to the hit, bump, or fall
- Can't recall events after the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

##### SYMPTOMS REPORTED BY YOUR CHILD

###### Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

###### Physical:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

###### Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

###### Sleep\*:

- Drowsy
- Sleeps less than usual
- Sleeps more than usual
- Has trouble falling asleep

\*Only ask about sleep symptoms if the injury occurred on a prior day.

Materials adapted from U.S. Dept of HHS Centers for Disease Control and Prevention



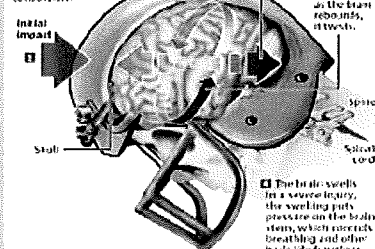
WISCONSIN DEPARTMENT OF  
PUBLIC INSTRUCTION



- \*Wear the proper equipment for each sport and make sure it fits well.
- \*Follow the rules of the sport and the coach's rule for safety.
- \*Use proper technique.

### Anatomy of a concussion

Here is what happens to the brain to cause a concussion:



Source: R. A. Reinking of Kinesio Performance Medicine Research  
American Academy of Neurology. The current page

MARK ROHLIN - THE PLASTIC HING

If you have a suspected concussion, you should NEVER return to sports or recreational activities on the same day the injury occurred. You should not return to activities until you are symptom-free and a health care provider experienced in managing concussion provides written clearance allowing return to activity. This means, until permitted, not returning to:

- Physical Education (PE) class,
- Sports conditioning, weight lifting, practices and games, or
- Physical activity at recess.

### What should you do if you think you have a concussion?

1. Tell your coaches and parents right away. Never ignore a bump or blow to the head even if you feel fine. If you experience symptoms of a concussion, you should immediately remove yourself from practice/play. Tell your coach right away if you think you or one of your teammates might have a concussion.
2. Get evaluated by a health care provider. A health care provider experienced in evaluating for concussion can determine if you have a concussion, help guide management and safe return to normal activities, including school (concentration and learning) and physical activity. If you have been removed from a youth athletic activity because of a suspected or confirmed concussion or head injury you may not participate again until evaluated by a health care provider and you receive written clearance to return to activity. You must provide this written clearance to your coach.
3. Give yourself time to get better. If you have had a concussion, your brain needs to time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. It is important to rest until you receive written clearance from a health care provider to return to practice and play.

### Why should you tell someone about your symptoms?

1. Your chances of sustaining a life altering injury are greatly increased if you aren't fully recovered from a concussion or head injury.
2. Practicing/playing with concussion symptoms can prolong your recovery.
3. Practicing/playing with a concussion can increase your chances of getting another concussion.
4. Telling someone could save your life or the life of a teammate!

### Tell your teachers

Tell your teachers if you have suffered a concussion or head injury. Concussions often impair school performance. In order to properly rest, many students often need to miss a few days of school immediately following a concussion. When you return to school after a concussion you may need to:

- Take rest breaks as needed,
- Spend fewer hours at school,
- Have more time allowed to take tests or complete assignments,
- Suspend your physical activity (PE class and/or recess)
- Suspend your extracurricular activities (band, choir, dance, etc)
- Reduce time spent reading, writing, or on the computer.



To learn more about concussions, go to:

[www.cdc.gov/Concussion](http://www.cdc.gov/Concussion); [www.wiaawi.org](http://www.wiaawi.org); [www.nfhs.org](http://www.nfhs.org)

**ATTACHMENT I: CAMP/CLINIC CONCUSSION/HEAD INJURY PARTICIPANT FORM**

**CAMP/CLINICS CONCUSSION/HEAD INJURY FORM  
for ATHLETIC CAMPS/CLINICS HELD AT UW-GREEN BAY**

I, \_\_\_\_\_, have been provided and read the concussion and head injury information sheet. I understand that there is a risk of injury during athletic participation and I agree to disclose any signs and symptoms of a concussion to the camp coaching staff. I also understand that I will be removed from play to eliminate the risk of further injury and will not be able to resume participation until evaluated and cleared by a health care provider who has experience with evaluating and managing pediatric concussions and head injuries. I will provide written clearance on the health care provider's letterhead or prescription note allowing me continue participation in the activity.

I understand that this is in accordance with the State of Wisconsin Youth Concussion Law.

Information sheets regarding concussions and head injuries can be found at the websites below.

Wisconsin Concussion/Head Injury Information sheet for parents:

<http://www.sped.dpi.wi.gov/files/sped/pdf/tbi-conc-facts-parents.pdf>

Wisconsin Concussion/Head Injury Information sheet for athletes:

<http://www.sped.dpi.wi.gov/files/sped/pdf/tbi-conc-facts-athletes.pdf>

\_\_\_\_\_  
Participant's Signature

(Must be signed by actual participant, regardless of age)

\_\_\_\_\_  
Participant's Name (Print)

\_\_\_\_\_  
Parent/Guardian (if participant is under  
19)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Camp Name

\_\_\_\_\_  
Camp Dates