River View Middle School
Concussion Fact Sheets/Agreement

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Wisconsin Statute 118.293. In order to participate in any co-curricular athletic activity, prior to each sport season, each student-athlete and the student-athlete’s parent or guardian shall review information on concussions provided by the Kaukauna Area School District.

After having reviewed materials describing the short-term and long-term health effects of concussions, each student-athlete and the student-athlete’s parent or guardian shall sign the statement acknowledging receipt, review, and understanding of such information. These signed forms must also be turned in to the Activities Office before the student can participate in practice or try-out.
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. Concussions 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 occur during practices or games in any sport or recreational activity.

What are the signs and symptoms of a concussion?

Unlike a broken arm you can’t see a concussion. Most concussions occur without loss of consciousness. 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 you are feeling, if symptoms are getting worse, or if you just “don’t feel right.” If you think you or a teammate may have a concussion, it is important to tell someone.

COMMON SYMPTOMS OF A CONCUSSION:

Tell someone if you feel any of the following:

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

Changes in your normal sleep patterns

Tell someone if you see a teammate with any of these symptoms:
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, you may not participate again until evaluated by a health care provider and 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 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.

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 concussion, go to:  
www.gde.gov/Concussion;  www.wiaawi.org;  www.nfhs.org
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 listed below, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

SIGNS AND SYMPTOMS OF A CONCUSSION

<table>
<thead>
<tr>
<th>SIGNS OBSERVED BY PARENTS OR GUARDIANS</th>
<th>SYMPTOMS REPORTED BY YOUR CHILD</th>
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<tbody>
<tr>
<td>- Appears dazed or stunned</td>
<td>Thinking/Remembering:</td>
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<tr>
<td>- Is confused about events</td>
<td>- Difficulty thinking clearly</td>
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<td>- Answers questions slowly</td>
<td>- Difficulty concentrating or</td>
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<tr>
<td>- Repeats questions</td>
<td>- remembering</td>
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<tr>
<td>- Can't recall events prior to the hit</td>
<td>- Feeling more slowed down</td>
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<tr>
<td>- Hit, bump, or fall</td>
<td>- Feeling sluggish, hazy, foggy, or groggy</td>
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<td>- Loses consciousness (even briefly)</td>
<td>Emotional:</td>
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<td>- Shows behavior or personality changes</td>
<td>- Irritable</td>
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<td>- Forgets class schedule or assignments</td>
<td>- Sad</td>
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<td>- More emotional than usual</td>
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<td>- Nervous</td>
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<td></td>
<td>Sleep*:</td>
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<td></td>
<td>- Drowsy</td>
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<td></td>
<td>- Sleeps less than usual</td>
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<tr>
<td></td>
<td>- Sleeps more than usual</td>
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<td></td>
<td>- Has trouble falling asleep</td>
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*Only ask about sleep symptoms if the injury occurred on a prior day.

CDC

WI Department of Public Instruction adapted materials from the U.S. Department of Health and Human Services Centers for Disease Control and Prevention
What should I do if my child or teen has a concussion?

1. **Seek medical attention.** A health care provider experienced in evaluating for concussions can direct concussion management and review when it is safe for your child to return to normal activities, including school (concentration and learning activities) and physical activity. If your child or teen has been removed from a youth athletic activity because of a suspected concussion or head injury, they may not participate again until he/she is evaluated by a health care provider and receives written clearance to participate in the activity from the health care provider.

2. **Help them take time to get better.** If your child or teen has a concussion, her or his brain needs time to heal. Your child or teen should limit activities while he/she is recovering from a concussion. Exercising or doing activities that involve a lot of concentration, such as studying, using a computer, texting, or playing video games may worsen or prolong concussion symptoms (such as headache or tiredness). Rest will help your child recover more quickly. Your child may become upset that he/she cannot participate in activities.

3. **Together with your child or teen, learn more about concussions.** Talk about the potential long-term effects of concussion and the problems caused by returning to daily activities too quickly (especially physical activity and learning/concentration).

How can I help my child return to school safely after a concussion?

Help your child or teen get needed support when returning to school after a concussion. Talk with your child’s school administrators, teachers, school nurse, coach, and counselor about your child’s concussion and symptoms. Your child may feel frustrated, sad, and even angry because she cannot keep up with school work and learn as well after a concussion. Your child may also feel isolated from peers and social networks. Talk often with your child about these issues and offer your support and encouragement. As your child’s symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed,
- Spend fewer hours at school,
- Be given more time to take tests or complete assignments,
- Receive help with schoolwork, and/or
- Reduce time spent reading, writing, or on the computer.

To learn more about concussion go to:

www.cdc.gov/Concussion or call 1.800.CDC.INFO.