Concussions

Georgia-Cumberland Academy

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 7-18) 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.

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

Symptoms reported by athlete:

- Headache
- Nausea
- Dizziness
- Fuzzy vision
- Feeling foggy
- 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 ER.
- 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 nurse 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/she has:

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

Where can I find more information?

Visit cho.org/concussion for return to school and activities guidelines, educational videos, full list of signs and symptoms 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

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It is the policy of Georgia Cumberland Academy that athletes cannot practice or complete in activities until this form is signed and returned. By signing this form, you acknowledge that you have received the fact sheet on concussions.

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Athlete's Signature Date

_____

Athlete's Parent Signature Date

_____

Athlete's Printed Name

_____

Athlete's School Grade