

Concussions and Head Injuries for Student Athletes

The Tecumseh Board of Education in an effort to maximize student safety with respect to head injuries and concussions which can occur as a result of athletic participation, schools will work to educate coaches, students and parents/guardians about head injuries and concussions, the risks therefore, and about continuing to play after a head injury or concussion, as follows:

1. Each year prior to participation in any athletic practice or competition, students and parents/guardians shall be required to complete and sign a concussion and head injury information sheet and acknowledgment form which will be kept on file in the district. The school district will utilize and distribute the sheets and forms developed by the OSSAA, copies of which may be obtained through the school administration office.
2. Each year, head injury and concussion fact sheets shall be provided to all coaches and trainers within the district. In addition, all coaches and trainers shall annually review relevant information and materials relating to the prevention, identification and management of head injuries and concussions.
3. Any athlete suspected of receiving a head injury or concussion during a practice or game shall be promptly removed from participation at that time.
4. An athlete who has been removed from participation in a practice or game upon suspicion of head injury or concussion shall not be allowed to return for participation in any athletic practice or game until the following three conditions have been met:
 - a. The athlete has been evaluated by a licensed health care provider who has been trained to evaluate and manage head injuries and concussions; and
 - b. Said health care provider issues a written clearance for the student to return to participation; and
 - c. The written clearance is on file with the District.
5. The district athletic director shall communicate with the administrators and coaches of all school sports with respect to students with head injuries or concussions. The athletic director shall communicate with each coach and administrator regarding students who might participate in multiple sports within the district. Each group should be aware of the status of the student affected by a previous injury to ensure the student's safety with respect to the injury.

REFERENCE: 70 O.S. Sections 24-155

CONCUSSION/HEAD INJURY FACT SHEET PARENTS/GUARDIANS

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding", "getting your bell rung" or what seems to be a mild bump or blow to the head can be serious. You cannot see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear to be noticed until days or weeks after the injury. If your child reports any symptoms of a concussion or if you notice any symptoms yourself, seek medical attention immediately.

WHAT ARE THE SYMPTOMS REPORTED BY ATHLETES?

Headache or "pressure" in head
Nausea or vomiting
Balance problems or dizziness
Sensitivity to light
Sensitivity to noise
Feeling sluggish, hazy, foggy or groggy
Concentration or memory problems
Confusion
Does not "feel right"

WHAT ARE THE SIGNS OBSERVED BY PARENTS/GUARDIANS?

Appears dazed or stunned
Is confused about assignment or position
Forgets an instruction
Is unsure of game, score or opponent
Moves clumsily
Answers questions slowly
Loses consciousness (even briefly)
Shows behavior or personality changes
Cannot recall events prior to hit or fall
Cannot recall events after hit or fall

HOW CAN I HELP MY CHILD PREVENT A CONCUSSION?

Ensure your child follows the coach's rules for safety and the rules of the sport.
Make sure your child used the proper equipment, including personal protective equipment (such as helmets, padding, shin guards and eye and mouth guards. **IN ORDER FOR EQUIPMENT TO PROTECT**, it must be the right equipment for the game, position and activity; it must be worn correctly and used every time you child plays).

FOR MORE INFORMATION VISIT:

- www.cdc.gov/TraumaticBraininjury/
- www.oata.net
- www.ossaa.com
- www.nhslearn.com

CONCUSSION/HEAD INJURY FACT SHEET STUDENT ATHLETES

WHAT IS A CONCUSSION?

- A concussion is a brain injury.
- Concussions are caused by a bump or blow to the head.
- Can change the way your brain normally works
- Can occur during practice or games in any sport
- Can happen even if you have not been knocked out
- Can be serious even if you have just been "dinged"

WHAT ARE THE SYMPTOMS REPORTED BY ATHLETES?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- Tell your coaches or parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates may have a concussion.
- Get a medical checkup.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- 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 second concussion. Additional concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

- Follow the coach's rules for safety and the rules of the sport
- Practice good sportsmanship
- Use the proper equipment, including personal protective equipment (such as helmets, padding, shin guards and eye and mouth guards. **IN ORDER FOR EQUIPMENT TO PROTECT**, it must be the right equipment for the game, position and activity; it must be worn correctly and used every time you play).

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IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON!

**CONCUSSION AND HEAD INJURY
ACKNOWLEDGEMENT AND INFORMATION SHEET**

In compliance with Oklahoma Statute Section 24-155 of Title 70, this acknowledgement form is to confirm that you have read and understand the Concussion Fact Sheet provided to you by Tecumseh Public Schools related to potential concussions and head injuries occurring during participation in athletics.

I, _____, as a student athlete who participates in the Tecumseh Public
(print student's name)
Schools athletic program, and I, _____, as the parent/legal
(print parent/legal guardian's name)
Guardian, have read the information material provided to us by Tecumseh Public Schools related to concussions and head injuries occurring during participation in athletic programs and understand the content and warnings.

(Signature of Student Athlete)

(Date)

(Signature of Parent/Legal Guardian)

(Date)

This form should be completed annually prior to the athlete's first practice and/or competition, and be kept on file for one (1) year beyond the date of signature in the principal's office or the office designated by the principal.