



# Whiteford Agricultural School District

## Concussion Awareness Form

### Concussion Awareness

Effective June 30, 2013 the State of Michigan has required all levels of schools and youth sports organizations to educate, train, and collect forms for non-MHSAA activities including physical education classes, intramural, and out-of-season camps or clinics (*Public Acts 342 and 343 – Concussion Law*).

Please review the enclosed informational flyer and complete and return the form below to your child’s building office as soon as possible so they are able to participate in physical education and sports-related activities at Whiteford Schools (one form per student).



School Building: \_\_\_\_\_

## CONCUSSION AWARENESS EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and/or the Concussion Fact Sheet for Students provided by WHITEFORD AGRICULTURAL SCHOOLS.  
*Sponsoring Organization*

\_\_\_\_\_  
Participant Name Printed

\_\_\_\_\_  
Parent or Guardian Name Printed

\_\_\_\_\_  
Participant Name Signature

\_\_\_\_\_  
Parent or Guardian Name Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

Return this signed form to the sponsoring organization that must keep on file for the duration of participation or age 18.

Participants and parents please review and keep the educational materials available for future reference.

# Educational Material for Parents and Students (Content Meets MDCH Requirements)

Sources: Michigan Department of Community Health; CDC and the National Operating Committee on Standards for Athletic Equipment (NOCSAE)

## UNDERSTANDING CONCUSSION

### Some Common Symptoms

Headache	Double Vision	Haziness	Confusion
Pressure in the Head	Blurry Vision	Fogginess	“Feeling Down”
Nausea/Vomiting	Sensitive to Light	Grogginess	Not “Feeling Right”
Dizziness	Sensitive to Noise	Poor Concentration	Feeling Irritable
Balance Problems	Sluggishness	Memory Problems	Slow Reaction Time
	Sleep Problems		

### WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning, or a sudden stopping and starting of 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. A concussion can happen even if you haven’t been knocked out.

You can’t see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

### IF YOU SUSPECT A CONCUSSION:

- **SEEK MEDICAL ATTENTION RIGHT AWAY** — A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Don’t hide it, report it. Ignoring symptoms and trying to “tough it out” often makes it worse.
- **KEEP YOUR STUDENT OUT OF PLAY** — Concussions take time to heal. Don’t let the student return to play the day of injury and until a health care professional says it’s okay. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.
- **TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION** — Schools should know if a student had a previous concussion. A student’s school may not know about a concussion received in another sport or activity unless you notify them.

### SIGNS OBSERVED BY PARENTS:

- |                                            |                                                       |                                                |
|--------------------------------------------|-------------------------------------------------------|------------------------------------------------|
| * Appears dazed or stunned                 | * Can’t recall events prior to or after a hit or fall | * Answers questions slowly                     |
| * Is confused about assignment or position | * Is unsure of game, score, opponent                  | * Loses consciousness, (even briefly)          |
| * Forgets instruction                      | * Moves clumsily                                      | * Shows mood, behavior, or personality changes |

### CONCUSSION DANGER SIGNS:

- |                                                 |                                  |                                                                                      |
|-------------------------------------------------|----------------------------------|--------------------------------------------------------------------------------------|
| * One pupil larger than the other               | * Repeated vomiting or nausea    | * Becomes increasingly confused, restless, or agitated                               |
| * Is drowsy or cannot be awakened               | * Slurred speech                 | * Has unusual behavior                                                               |
| * A headache that gets worse                    | * Convulsions or seizures        | * Loses consciousness (even a brief loss of consciousness should be taken seriously) |
| * Weakness, numbness, or decreased coordination | * Cannot recognize people/places |                                                                                      |

### HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rests breaks, be given extra help and time, spend less time reading, writing, or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Remember: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer. To learn more, go to [www.cdc.gov/concussion](http://www.cdc.gov/concussion).

**\*Parents and Students Must Sign and Return the Educational Material Acknowledgement Form**