

Concussion Information Sheet for the Athlete and Parent or Legal Guardian

**If there is anything on this sheet that you do not understand, please ask a certified athletic trainer to explain or read it to you.*

Athlete Name: (print) _____

This form must be completed for each athlete, even if there are multiple athletes in the household.

Parent or Legal Guardian Name(s): (print) _____

We have read the "Athlete and Parent or Legal Guardian Concussion Information Sheet", including the information on the back of this sheet - *If true, please check box.*

After reading the information sheet, I am aware of the following information:

Athlete Initials		Parent or Legal Guardian Initials
_____	A concussion is a brain injury, which should be reported to my parents, my coach(es), or a medical professional if one is available.	_____
_____	A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and perform in the classroom.	_____
_____	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	_____
_____	I will tell my parents, my coach, or a medical professional about my injuries and illnesses.	N/A
_____	If I think a teammate has a concussion, I should tell my coach(es), parents, or medical professional.	N/A
_____	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
_____	I will/my child will need written permission from a medical professional trained in concussion management to return to play or practice after a concussion.	_____
_____	According to the latest data, most concussions take days or weeks to get better. A concussion may not go away right away. I realize that resolution from this injury is a process and may require more than one medical evaluation. I realize that emergency department or urgent care physicians will not provide clearance if the athlete is seen right away after the injury.	_____
_____	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	_____
_____	Sometimes, repeat concussions can cause serious and long-lasting problems.	_____
_____	I am aware that it is highly recommended that every athlete and parent/guardian should successfully complete the free 20 minute NFHS online course "Concussion in Sports - What You Need to Know". (http://nfhslearn.com)	_____
_____	I have also been informed of the Mandan Public Schools sports medicine website, which contains additional pertinent concussion information www.mandan.k12.nd.us – MHS Athletics – Braves Sports Medicine – Concussion Care Links.	_____

I have read and understand the concussion symptoms on the Concussion Information Sheet.

 Signature of Athlete

 Date

 Signature of Parent or Legal Custodian

 Date

Common Signs & Symptoms

It is common for a concussed child or young adult to have one or many concussion signs or symptoms.

Physical		Thinking	Emotional	Sleep
Headache	Sensitivity to light	Feeling mentally foggy	Irritability	Drowsiness
nausea	Sensitivity to noise	Problems concentrating	Sadness	Sleeping more than usual
Fatigue	numbness/tingling	Problems remembering	Feeling more emotional	Sleeping less than usual
Visual problems	Vomiting	Feeling more slowed down	nervousness	trouble falling asleep
Balance problems	Dizziness			trouble staying asleep

When to Seek Care urgently

Seek care quickly if symptoms worsen or if there are any behavioral changes. Also watch for any of the following serious signs/symptoms, which may not appear immediately following the trauma, but can develop hours after the injury itself.

Headache that worsens	looks very drowsy or can't be awakened	Can't recognize people or places	Unusual behavior change
Seizure	Repeated vomiting	Increasing confusion	Increasing irritability
Neck pain	Slurred speech	Weakness or numbness in arms or legs	Loss of consciousness

It is okay to:	There is no need to :	Do not:
Use acetaminophen (Tylenol) for headaches	Check eyes with flashlight	Drink alcohol
Use ice pack on head and neck as needed for comfort	Test reflexes	Take sleeping pills or sleeping aids
Eat a light diet	Stay in bed	Take products that contain ibuprofen (Advil, Motrin)
Go to sleep	Wake up every hour	Take products that contain aspirin or naproxen (Aleve)
Rest		Drive until medically cleared