

# Concussion Education Sheet

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## WHAT IS A CONCUSSION?

A concussion is a traumatic brain injury that causes changes in how the brain functions, leading to signs and symptoms that can emerge immediately or in the hours or days after the injury.

## WHAT CAUSES A CONCUSSION?

Any blow to the head, face or neck, or somewhere else on the body that causes a sudden jarring of the head may cause a concussion. Examples include getting body-checked in hockey or hitting one's head on the floor in physical education class, colliding with another player or falling as a result of a collision.

## WHEN SHOULD I SUSPECT A CONCUSSION?

A concussion should be suspected in any student who sustains a significant impact to the head, face, neck, or body and reports ANY symptoms or demonstrates ANY visual signs of a concussion. A concussion should also be suspected if a student reports ANY concussion symptoms to one of their peers, parents, teachers, or coaches or if anyone witnesses a student exhibiting ANY of the visual signs of concussion. **Some students will develop symptoms immediately while others will develop delayed symptoms (beginning 24-48 hours after the injury).**

## WHAT ARE THE SYMPTOMS OF A CONCUSSION?

A student does not need to be knocked out (lose consciousness) to have had a concussion.

Common symptoms include:

- Headaches or head pressure
- Easily upset or angered
- Dizziness
- Sadness
- Nausea and vomiting
- Nervousness or anxiety
- Blurred or fuzzy vision
- Feeling more emotional
- Sensitivity to light or sound
- Sleeping more or sleeping less
- Balance problems
- Having a hard time falling asleep
- Feeling tired or having no energy
- Difficulty working on a computer
- Not thinking clearly
- Difficulty reading
- Feeling slowed down
- Difficulty learning new information

## WHAT ARE THE VISUAL SIGNS OF A CONCUSSION?

Visual signs of a concussion may include:

- Lying motionless on the playing surface
- Balance, gait difficulties, motor incoordination, stumbling, slow labored movements
- Slow to get up after a direct or indirect hit to the head
- Facial injury after head trauma
- Disorientation or confusion or inability to respond appropriately to questions
- Clutching head
- Blank or vacant stare

## WHAT SHOULD I DO IF I SUSPECT A CONCUSSION?

You should stop playing right away. Continuing to play increases your risk of more severe, longer-lasting concussion symptoms, as well as, increases your risk of other injury.

Tell a responsible adult (coach, parent, official, teacher) that you think you may have a concussion.

### Note:

Any student who is suspected of having sustained a concussion during sports or physical activity must not be allowed to return to physical activity.

**It is important that ALL students with a suspected concussion undergo medical assessment by a medical doctor or nurse practitioner, as soon as possible. It is also important that ALL students with a suspected concussion receive written medical clearance from a medical doctor or nurse practitioner before returning to certain sport/physical activities.**

## WHEN CAN I RETURN TO SCHOOL AND SPORTS?

It is important that all students diagnosed with a concussion follow a personalized step wise approach for Return to School and Return to Sport/Physical Activity Strategies. Students are encouraged to work with a medical doctor or nurse practitioner and their school throughout the recovery process.

## HOW LONG WILL IT TAKE FOR ME TO RECOVER?

Most students who sustain a concussion will recover within 1-4 weeks. Approximately 15-30% of people will experience persistent symptoms that last more than 4 weeks and may require specialized medical assessment and management.

## HOW CAN I HELP PREVENT CONCUSSIONS AND THEIR CONSEQUENCES?

Concussion prevention, recognition and management require students to follow the rules and regulations of their sport, respect their opponents, avoid head contact, and report suspected concussions.

For more information please visit the following websites:

- [horizon.parachutecanada.org/wp-content/uploads/2014/10/Concussion-Parents-Caregivers.pdf](http://horizon.parachutecanada.org/wp-content/uploads/2014/10/Concussion-Parents-Caregivers.pdf)
- [www.nbtrauma.ca/injury-prevention/concussions/](http://www.nbtrauma.ca/injury-prevention/concussions/)

## SIGNATURES (Highly Recommended):

Please sign below to verify you have read this information sheet.



Concussion education sheet reviewed.

Printed name of student: \_\_\_\_\_

Signature of student: \_\_\_\_\_ Date \_\_\_\_\_

Printed name of parent: \_\_\_\_\_

Signature of parent: \_\_\_\_\_ Date \_\_\_\_\_