



# Suggested Guidelines for Management of Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

## **Common Symptoms of Concussion Include:**

- headache
- fogginess
- difficulty concentrating
- easily confused
- slowed thought processes
- difficulty with memory
- nausea
- lack of energy, tiredness
- dizziness, poor balance
- blurred vision
- sensitive to light and sounds
- mood changes- irritable, anxious, or tearful

## **Suggested Concussion Management:**

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

For further details please see the “NFHS Suggested Guidelines for Management of Concussion” at [www.nfhs.org](http://www.nfhs.org).



## Concussion Information and Acknowledgement Form

Parent and Student:

It is important that parents and students are educated about concussions. All concussions are serious, and concussions can occur in any sport.

1. Definition of Concussion: A brain injury that interferes with the normal brain function.
2. Causes of Concussions: A bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth.
3. Signs and Symptoms of Concussions:

Headache	Memory Loss	Concentration Problems
Nausea	Appears Dazed	Slowed Thought Process
Vomiting	Slurred Speech	Difficulty Thinking Clearly
Dizziness	Moves Clumsily	Answers Questions Slowly
Confused	Balance Problems	Sensitivity to Light or Noise
Sluggish	Forgets Instruction	Unsure of Game, Score, Opponent
Fatigue	Numbness/Tingling	Shows Mood, Personality, Behavior Changes
Blurry Vision	Loses Consciousness	Cannot Recall Events Prior To or After Injury

4. In accordance with Georgia law, the following must occur if an individual exhibits signs, symptoms, or behaviors of a concussion:
  - a. The individual shall be immediately removed from practice or competition.
  - b. The individual shall not return to practice or competition the same day that the concussion or suspected concussion occurred.
  - c. The individual suspected of having a concussion shall be seen by an appropriate health care professional before the individual can return to athletic participation.
  - d. If no concussion has occurred, the individual can return immediately to practice or competition.
  - e. If a concussion has occurred, the individual cannot return to participation in practice or competition until medically cleared by an appropriate health care professional.
  - f. An individual should never return to participation if the individual still has any symptoms of a concussion.
  - g. After clearance has been issued, the individual's actual return to participation in practice and competition should follow a gradual procedure suggested by the National Federation of High Schools and directed by the appropriate health care provider clearing the athlete for activity.
  - h. An appropriate health care profession may include a licensed doctor or another licensed individual under the supervision of a licensed doctor such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management.
5. The following information can be found online and is recommended for parents and students to read concerning concussions:
  - a. 2013 NFHS Suggested Guidelines for Management of Concussions in Sports
  - b. A Parent's Guide to Concussions in Sports (NFHS)
6. Parent and student should sign the form below. The school and parent should maintain a copy of this form.

**I have read this form and I understand the facts presented in it.**

Parent/Guardian Printed Name

Student Printed Name

Parent/Guardian Signature

Student Signature

Date