

Subject: Concussion Notification Letter/Reference To:

<http://www.nysphsaa.org/safety/pdf/NYSED%20Guidelines%20for%20Concussion%20Management.pdf>

Parent/Guardian:

On July 1st, New York State enacted the Concussion Management and Awareness Act. The Commissioner of Education worked with the Commissioner of Health to produce guidelines for school districts to follow in protecting the health and well being of concussed students. Baldwinsville Central School District has already developed, and implemented most of the guidelines. Our district's concussion procedures have been used as a model within New York State.

If your athlete should suffer a concussion a safe return to play involves your doctor evaluating the student and determining when he/she can begin the "Return to Play Protocol." The protocol reflects expert recommendations and involves a graduated return to play, supervised by our trainer. Of note, this new act requires that a **licensed physician only** (not a nurse practitioner or a physician assistant) provide written clearance when an athlete is returned to interscholastic sports post concussion.

The New York State Public High School Athletic Association has developed a comprehensive information sheet regarding the latest research and regulation for managing concussed athletes. By signing below, you are acknowledging receipt of this important information. The signature page **MUST** be turned in to the coach and is required before the athlete will be qualified to compete.

Student Athlete Signature: _____ Print Name: _____

Parent/Guardian Signature: _____ Print Name: _____

Sport/Level: _____ Date: _____

Subject: Concussion Notification Letter/Reference To:

<http://www.nysphsaa.org/safety/pdf/NYSED%20Guidelines%20for%20Concussion%20Management.pdf>

Parent/Guardian:

On July 1st, New York State enacted the Concussion Management and Awareness Act. The Commissioner of Education worked with the Commissioner of Health to produce guidelines for school districts to follow in protecting the health and well being of concussed students. Baldwinsville Central School District has already developed, and implemented most of the guidelines. Our district's concussion procedures have been used as a model within New York State.

If your athlete should suffer a concussion a safe return to play involves your doctor evaluating the student and determining when he/she can begin the "Return to Play Protocol." The protocol reflects expert recommendations and involves a graduated return to play, supervised by our trainer. Of note, this new act requires that a **licensed physician only** (not a nurse practitioner or a physician assistant) provide written clearance when an athlete is returned to interscholastic sports post concussion.

The New York State Public High School Athletic Association has developed a comprehensive information sheet regarding the latest research and regulation for managing concussed athletes. By signing below, you are acknowledging receipt of this important information. The signature page **MUST** be turned in to the coach and is required before the athlete will be qualified to compete.

Student Athlete Signature: _____ Print Name: _____

Parent/Guardian Signature: _____ Print Name: _____

Sport/Level: _____ Date: _____



Concussions: The Invisible Injury

Student and Parent Information Sheet

CONCUSSION DEFINITION

A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

FACTS ABOUT CONCUSSIONS ACCORDING TO THE CENTER FOR DISEASE CONTROL (CDC)

- An estimated 4 million people under age 19 sustain a head injury annually. Of these approximately 52,000 die and 275,000 are hospitalized.
- An estimated 300,000 sports and recreation related concussions occur each year.
- Students who have had at least one concussion are at increased risk for another concussion.

In New York State in 2009, approximately 50,500 children under the age of 19 visited the emergency room for a traumatic brain injury and of those approximately 3,000 were hospitalized.

REQUIREMENTS OF SCHOOL DISTRICTS

Education:

- Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.
 - * School coaches and physical education teachers must complete the CDC course. (www.cdc.gov/concussion/HeadsUp/online_training.html)
 - * School nurses and certified athletic trainers must complete the concussion course. (<http://preventingconcussions.org>)

Information:

- Provide concussion management information and sign off with any parental permission form.
- The concussion management and awareness information on the State Education Department's web site must be made available on the school web site, if one exists.

Removal from athletics:

- Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.
 - * Such authorization must be kept in the pupil's permanent health record.
 - * Schools shall follow directives issued by the pupil's treating physician.

SYMPTOMS

Symptoms of a concussion are the result of a temporary change in the brain's function. In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

It is imperative that any student who is suspected of having a concussion is removed from athletic activity (e.g. recess, PE class, sports) and remains out of such activities until evaluated and cleared to return to activity by a physician.

Symptoms include, but are not limited to:

- Decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information
- Confusion or appears dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulties, dizziness, or clumsy movements
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea, vomiting and/or loss of appetite
- Irritability, sadness or other changes in personality
- Feeling sluggish, foggy or light-headed
- Concentration or focusing problems
- Drowsiness
- Fatigue and/or sleep issues – sleeping more or less than usual

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room.

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbing in arms or legs, facial drooping
- Unsteady gait
- Change in pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture: blood draining from ear or clear fluid from the nose