



BRITISH COLUMBIA SECONDARY SCHOOLS FOOTBALL ASSOCIATION



CONCUSSION INFORMATION SHEET

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|--|--|
| <input type="checkbox"/> Headaches | <input type="checkbox"/> “Don’t feel right” |
| <input type="checkbox"/> “Pressure in head” | <input type="checkbox"/> Fatigue or low energy |
| <input type="checkbox"/> Nausea or vomiting | <input type="checkbox"/> Sadness |
| <input type="checkbox"/> Neck pain | <input type="checkbox"/> Nervousness or anxiety |
| <input type="checkbox"/> Balance problems or dizziness | <input type="checkbox"/> Irritability |
| <input type="checkbox"/> Blurred, double or fuzzy vision | <input type="checkbox"/> More emotional |
| <input type="checkbox"/> Sensitivity to light or noise | <input type="checkbox"/> Confusion |
| <input type="checkbox"/> Feeling sluggish or slowed down | <input type="checkbox"/> Concentration or memory problems
(forgetting game plays) |
| <input type="checkbox"/> Feeling foggy or groggy | <input type="checkbox"/> Repeating the same
question/comment |
| <input type="checkbox"/> Drowsiness | |
| <input type="checkbox"/> Change in sleep patterns | |
| <input type="checkbox"/> Amnesia | |

Signs observed by teammates, parents and coaches include:

- | | |
|--|---|
| <input type="checkbox"/> Appears dazed | <input type="checkbox"/> Slurred speech |
| <input type="checkbox"/> Vacant facial expression | <input type="checkbox"/> Shows behavior or personality changes |
| <input type="checkbox"/> Confused about assignment | <input type="checkbox"/> Can’t recall events prior to hit |
| <input type="checkbox"/> Forgets plays | <input type="checkbox"/> Can’t recall events after hit |
| <input type="checkbox"/> Is unsure of game, score, or opponent | <input type="checkbox"/> Seizures or convulsions |
| <input type="checkbox"/> Moves clumsily or displays lack of coordination | <input type="checkbox"/> Any changes in typical behavior or personality |
| <input type="checkbox"/> Answers questions slowly | <input type="checkbox"/> Loses consciousness |

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescents or teenage athletes will often under report symptoms of injuries and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student athlete’s safety.



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If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The BC Secondary School Football Association now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines.

You should also inform your child’s coach if you think that your child may have a concussion.

Remember, it’s better to miss one game than miss the whole season and... “When in doubt, sit them out.”

For current and up-to-date information on concussions, please visit

<http://parachutecanada.org>

PARENT-ATHLETE CONSENT FORM

Athlete Name Printed

Athlete Signature Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature Date

By signing above, the signees acknowledge they have read the BCSSFA concussion policy and understand the risk of head injuries associated with playing a contact sport. The signees also agree to abide by all the guidelines set out by the BCSSFA concussion policy.

Parents/Athletes: Please return the signed form to your coach.

Coaches: Please keep all signed forms from your team.