



GARDEN GROVE UNIFIED SCHOOL DISTRICT
Concussion Information Sheet

Parent/Guardian and Student-Athlete: You must read, sign, and return this document to school before the start of practice or competition.

What Is a Concussion?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

What may some of the symptoms be?

Headache or “pressure” in head	Drowsiness	Nervousness or anxiety
“Don’t feel right”	Change in sleep patterns	Irritability
Balance problems or dizziness	Slurred speech	Acting more emotional
Blurred, double, or fuzzy vision	Neck pain	Confusion
Sensitivity to light or noise	Amnesia, nausea, or vomiting	Concentration or memory problems
Feeling sluggish or slowed down	Fatigue or low-energy	Repeating the same question/comment
Feeling foggy or groggy	Sadness	Seizures or convulsions

What Can Happen if My Child Keeps Playing With a Concussion or Returns Too Soon?

Athletes with the signs and symptoms of concussion are to 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 the 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 adolescent or teenage athletes will often under-report symptoms of injuries.

What Should You Do If You Think Your Child Has Suffered a Concussion?

Any athlete even suspected of suffering a concussion must 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. Parents should inform the child’s coach if they think their child may have a concussion. Remember it is better to miss one game than miss the whole season.

California state law requires implementation of “return-to-play” concussion requirements as follows:

1. The school district must ensure that if an athlete is suspected of sustaining a concussion or head injury in an athletic activity, the athlete must be immediately removed from the activity for the remainder of the day. The athlete shall not be permitted to return to the activity until he or she is evaluated by a licensed healthcare provider, trained in the management of concussions, acting within the scope of his or her practice. The athlete shall not be permitted to return to the activity until he or she receives written clearance to return to the activity from that licensed healthcare provider.
2. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the **athlete and the athlete’s parent or guardian before the athlete starts practice or competition.**

My signature below indicates I have read and understand the information above to comply with the management of concussions and head injuries as prescribed in Education Code Section 49475.

_____ Student-Athlete Signature	_____ Student-Athlete Name (printed)	_____ Date
_____ Parent or Legal Guardian Signature	_____ Parent or Legal Guardian Name (printed)	_____ Date
_____ School Name	_____ Student Number	

Note: Education Code Section 49475 does not apply to an athlete engaging in an athletic activity as part of a physical education course.

For current and up-to-date information on concussions you can go to: http://www.cdc.gov/concussion/HeadsUp/high_school.html.