

**ST. MARY MAGDALEN CONCUSSION POLICY**  
**PARENT/GUARDIAN ACKNOWLEDGEMENT FORM**

St. Mary Magdalen CYO is committed to the health, safety, and well-being of all student athletes. In order to help protect the student athletes of the St. Mary Magdalen CYO program, the CYO Board will require all athletes, parents/guardians and coaches follow the St. Mary Magdalen CYO Concussion Policy.

A concussion is a brain injury and all brain injuries are serious. They may be 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. A concussion is not a bruise to the brain. 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 cannot see a concussion and most sports concussions occur without loss of consciousness. In fact, loss of consciousness occurs in less than 10% of concussions. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Concussions take time to heal. Children who return to play too soon – while the brain is still healing – risk a greater chance of having a second concussion. Second or later concussions can be very serious. Athletes who sustain concussions are at a greater risk of sustaining a second or later concussion. After a concussion, all athletes should be restricted from physical activity until they are asymptomatic at rest and with exertion. Physical and cognitive exertion, such as homework, playing video games, using a computer or watching TV may worsen symptoms. Symptoms of a concussion usually resolve in 7 to 10 days, but some athletes may take weeks or months to fully recover.

**Symptoms may include one or more of the following:**

1. Headache or “pressure” in the head.
2. Nausea/vomiting.
3. Neck Pain.
4. Drowsiness.
5. Balance problems or dizziness.
6. Double vision or changes in vision.
7. Sensitivity to light or sound/noise.

8. Feeling sluggish, hazy, foggy, or groggy.
9. Difficulty with concentration, short-term memory, and/or confusion.
10. Irritability or agitation.
11. Depression, anxiety, or sadness.
12. Sleep disturbance.
13. Does not “feel right”.

**Signs to Look Out For:**

**If a player has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:**

1. Player appears dazed, stunned, or disoriented.
2. Player is confused about assignment or position.
3. Player forgets a play or demonstrates short-term memory difficulties (e.g. is unsure of the game, score, or opponent).
4. Player exhibits difficulties with balance or coordination.
5. Player answers questions slowly or inaccurately.
6. Player loses consciousness (even briefly).
7. Player demonstrates behavior or personality changes.
8. Player is unable to recall events prior to or after the hit.

Any player who exhibits signs, symptoms or behaviors consistent with a concussion (including, but not limited to loss of consciousness, headache, dizziness, confusion or balance problems) will be immediately removed from the game or practice and **may not return to play until the athlete is evaluated by a medical doctor and received a written clearance to return to play from that health care provider.**

The Board has approved the following “St. Mary Magdalen CYO Return to Play Form”. The form was adapted from the Acute Concussion Evaluation plan created by the Centers for Disease Control and Prevention. The form must be completed and signed by a licensed medical doctor with concussion training before an athlete who has been removed from practice or a game may return to participate [OR before an athlete who is suspected of sustaining a head injury or

concussion may return to participate]. A copy of the form must be kept on file with the CYO Board.

You **must** inform your child's coach(es) if you think that your child/player may have a concussion or if your child/player has been diagnosed as having suffered a concussion. The school should also be informed so that teachers can continue to look for symptoms. When in doubt, hold the player out of competition.

Name of Athlete: \_\_\_\_\_

Name of Parent: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>