



## **CONCUSSION INFORMATION SHEET**

\*Parents are encouraged to assess the free online Concussion Awareness Training Tool (CATT) developed by the BC Injury Research & Prevention Unit at [www.cattonline.com](http://www.cattonline.com)

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 you 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:***

<ul style="list-style-type: none"><li>• Headaches</li><li>• “Pressure in head”</li><li>• Nausea or vomiting</li><li>• Neck pain</li><li>• Balance problems or dizziness</li><li>• Blurred, double or fuzzy vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul>	<ul style="list-style-type: none"><li>• Amnesia</li><li>• “Don’t feel right”</li><li>• Fatigue or low energy</li><li>• Sadness</li><li>• Nervousness or anxiety</li><li>• Irritability</li><li>• More emotional</li><li>• Confusion</li><li>• Concentration or memory problems (forgetting game plays)</li><li>• Repeating the same question/comment</li></ul>
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**Signs observed by teammates, parents and coaches include:**

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays lack of coordination
- Answers questions slowly
- Slurred speech
- Shows behaviour or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any changes in typical behaviour or personality
- 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-athletes' safety.

***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 to how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The BCPFA policy 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.**

For further information on Football Canada's Safe Contact and Concussion Education:

[www.safecontact.footballcanada.com/concussion-education/concussion-overview/](http://www.safecontact.footballcanada.com/concussion-education/concussion-overview/)

For current and up-to-date information on concussions, please visit [www.injuryresearch.bc.ca](http://www.injuryresearch.bc.ca).

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**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 Football Canada's 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 Football Canada concussion policy.

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

**Coaches:** Please collect all signed forms from your team and keep them in your records. You will need to produce these forms to BCPFA if/when requested.