

**SPARTANBURG SCHOOL DISTRICT THREE
CONCUSSIONS AND STUDENT ATHLETES**

Fact Sheet for Parents/Legal Guardians and Student Athletes

Note: Parents/Legal Guardians and student athletes are required to read and sign this form. Return this form to the appropriate Team Coach or Athletic Trainer.

WHAT IS A CONCUSSION?

A concussion is a brain injury that is caused by a bump or blow to the head. It can change the way your brain normally works. It can occur during practices or games in any sport. Even a “ding,” “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven’t been knocked out. You can’t see a concussion. Signs and symptoms of a 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.

Parent/Legal Guardian’s Responsibility

If your child 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.

- appears dazed, stunned or disoriented; demonstrates decreased alertness
- experiences short-term memory difficulty
- forgets an instruction
- is unsure of game, score, or opponent
- moves clumsily
- answers questions slowly or slurs words
- loses consciousness (even briefly)
- shows behavior or personality changes
- can’t recall events prior to being hit or falling
- can’t recall events after being hit or falling
- experiences seizures or vomiting

Every sport is different, but there are steps your child can take to protect him/herself from a concussion.

- Ensure that your son/daughter follows his/her coach’s rules for safety and the rules of the sport.
- Encourage your son/daughter to practice good sportsmanship at all times.
- Make sure he/she wears the right protective equipment for the activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.

Student Signature: _____ **Date:** _____

Parent/Legal Guardian Signature: _____ **Date:** _____

*For more information on concussion and traumatic brain injury, visit
www.cdc.gov/traumaticbraininjury/*