



Concussion Information and Acknowledgement Form

Parent and Student:

It is important that parents and students are educated about concussions. All concussions are serious, and concussions can occur in any sport.

1. Definition of Concussion: A brain injury that interferes with the normal brain function.
2. Causes of Concussions: A bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth.
3. Signs and Symptoms of Concussions:

Headache

Nausea

Vomiting

Dizziness

Confused

Sluggish

Fatigue

Blurry Vision

Memory Loss

Appears Dazed

Slurred Speech

Moves Clumsily

Balance Problems

Forgets Instruction

Numbness/Tingling

Loses Consciousness

Concentration Problems

Slowed Thought Process

Difficulty Thinking Clearly

Answers Questions Slowly

Sensitivity to Light or Noise

Unsure of Game, Score, Opponent

Shows Mood, Personality, Behavior Changes

Cannot Recall Events Prior To or After Injury

4. In accordance with Georgia law, the following must occur if an individual exhibits signs, symptoms, or behaviors of a concussion:
 - a. The individual shall be immediately removed from practice or competition.
 - b. The individual shall not return to practice or competition the same day that the concussion or suspected concussion occurred.
 - c. The individual suspected of having a concussion shall be seen by an appropriate health care professional before the individual can return to athletic participation.
 - d. If no concussion has occurred, the individual can return immediately to practice or competition.
 - e. If a concussion has occurred, the individual cannot return to participation in practice or competition until medically cleared by an appropriate health care professional.
 - f. An individual should never return to participation if the individual still has any symptoms of a concussion.
 - g. After clearance has been issued, the individual's actual return to participation in practice and competition should follow a gradual procedure suggested by the National Federation of High Schools and directed by the appropriate health care provider clearing the athlete for activity.
 - h. An appropriate health care profession may include a licensed doctor or another licensed individual under the supervision of a licensed doctor such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management.
5. The following information can be found online and is recommended for parents and students to read concerning concussions:
 - a. 2013 NFHS Suggested Guidelines for Management of Concussions in Sports
 - b. A Parent's Guide to Concussions in Sports (NFHS)
6. Parent and student should sign the form below. The school and parent should maintain a copy of this form.

I have read this form and I understand the facts presented in it.

Parent/Guardian Printed Name

Student Printed Name

Parent/Guardian Signature

Student Signature

Date