**Concussions**

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What you need to know

**What is the law?**

**Schools:** House Bill 284, the Return to Play Act of 2013, requires all public and private schools to create a concussion policy that, at a minimum, includes these standards:

• Prior to the beginning of each athletic season, an information sheet that informs parents or legal guardians of the risk of concussions must be provided.

• If a youth athlete (ages 7 to 18) participating in a youth athletic activity exhibits signs or symptoms of a

concussion, he must be removed from play and evaluated by a healthcare provider.

• Before a youth athlete can return to play, he must be cleared by a healthcare provider trained in the

management of concussions.

**Recreational Leagues:** HB 284 requires recreational leagues to provide an information sheet on the risks of concussion at the time of registration to all youth athletes’ (ages 7 to 18) parents or legal guardians.

**What is a concussion?**

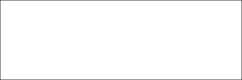
It is a type of brain injury caused by trauma. It can be caused by a hard bump on or blow to or around the head, which causes the brain to move quickly inside the head. You do not have to lose consciousness to have a concussion. If a concussion is not properly treated, it can make symptoms last longer and delay recovery. A second head trauma before recovery could lead to more serious injuries.

**What are the signs and symptoms?**

There are many signs and symptoms linked with concussion. Your child may not have any symptoms until a few days after the injury. Signs are conditions observed by other people and symptoms are feelings reported by the athlete.

**Signs observed by others**

• Appears dazed or • Moves clumsily

stunned • Answers questions slowly • Forgets plays • Shows behavior or • Is unsure of game or personality changes opponent 

**Symptoms reported by athlete**

• Headache • Fuzzy vision

• Nausea • Feeling foggy

• Dizziness • Concentration problems

For a full list of signs and symptoms visit: choa.org/concussion

**What should you do if you suspect a concussion?\*** • Do not let your child play with a head injury. • Check on your child often after the injury for new or

worsening signs or symptoms. If the symptoms are getting worse, take him to the nearest Emergency Department.

• Take your child to the doctor for any symptom of a concussion.

• Do not give your child pain medications without talking to your child's doctor.

• Your child should stop all athletic activity until his doctor says it is OK. Your child must stay out of play until he is cleared by a licensed healthcare provider.

• Educate your child on concussions and why he cannot play until the symptoms are gone. Your child will need a gradual return to school and activities.

• Tell your child’s coaches, school nurses and teachers if he has a concussion.

***\*In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.***

**Warning signs**

**Call your child’s doctor right away if he has:**

• New signs that his • Continued vomiting doctor does not • Weakness in the arms know about or legs

• Existing signs that get • Trouble knowing people worse or places

• Headaches that get • Slurred speech worse • Loss of consciousness • A seizure • Blood or fluid coming • Neck pain from nose or ear • Tiredness or is hard • A large bump or bruise to wake on scalp, especially in infant younger than 12

months

**Where can I find more information?**

Visit **choa.org/concussion** for return to school and activities guidelines, educational videos and general concussion information.

**BIA Charter School athletes competing in school-sponsored high risk concussion sports will be required to participate in a baseline concussion screening, conducted at their school, prior to impact practice or competition. Those sports include: football, basketball, lacrosse, wrestling, cheerleading, volleyball, baseball, softball and soccer.**

*This is general information and not specific medical advice. Always consult with a doctor or healthcare provider if you have questions or concerns about the health of a child. This piece was created by the concussion team at Children’s Healthcare of Atlanta. ©2013 Children’s Healthcare of Atlanta Inc. All rights reserved.*

It is the policy of BIA Charter School that athletes cannot practice or compete in activities until this form is signed and returned.

By signing this form, you acknowledge that you have received the fact sheet on concussions.

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Athlete’s Signature Date Athlete’s Printed Name Date

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Parent’s Signature Date Parent/Guardian’s Printed Name Date