



Fall 2016

4920 Strathmore Avenue, Kensington, MD 20895
www.academyoftheholycross.org | 301.942.2100

Dear Parent/Guardian,

The Academy of the Holy Cross has instituted a concussion policy to help students who sustain a suspected head injury. If your daughter is a student athlete, a computer *Baseline ImPact* test is taken prior to the first season that your daughter participates in a sport. This provides a standard that is used to compare test scores following a suspected head injury. The Baseline test is good for TWO years, unless a concussion occurs, at which time a new baseline test will be administered. The software that is used for the test is ImPact (*Immediate Post-Concussion Assessment and Cognitive Testing*). The test usually takes 25-30 minutes and is taken at school. If your daughter is not a student athlete, the protocol below should still be followed.

In the event that a head injury is suspected:

1. The student should follow-up with the school nurse or the athletic trainer regardless of where the injury occurred. The parent/guardian will be notified by school personnel when a possible head injury is suspected.

If your daughter is a student athlete, she will schedule a time to take the *Post-Concussion Assessment* (usually 24-48 hours post injury). Once the test has been completed, the scores will be given to the student.

2. The second step of the concussion policy is for the student to be evaluated by a medical doctor. Along with the Impact tests scores, the student will take two forms to the doctor appointment.

The first, ***Medical Clearance for Suspected Head Injury Form***, top portion only, needs to be filled out at the first appointment and should be returned to the school nurse or athletic trainer. This form will also be brought back for the final doctor appointment to be signed when the student is cleared of her injury.

The second, ***AHC Return to School - Gradual Academic Progression Form*** outlines any academic accommodations the student will receive that may need to be put in place and should be returned to the guidance counselor upon her return to school.

Communication between the student, parent/guardian, athletic trainer, school nurse, and school counselor is of the utmost importance during this time to ensure that your daughter is able to recover in a manageable environment.

We ask that you and your daughter please take a few minutes to review the information in this packet as it pertains to concussions. Each incoming parent and student must read and electronically sign this concussion information document.

Sincerely,

Melissa Huey-Burns, Principal
Lisa Schrader, Athletic Director
Kathleen Clark, RN
Dena Rapoport, Athletic Trainer
Amy Schmidt Stowe, Director of Counseling

PARENT & ATHLETE CONCUSSION INFORMATION SHEET



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall



“IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON”

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

REQUIRED ACKNOWLEDGEMENT FORM

The Academy of the Holy Cross requires student athletes and their parents to acknowledge receipt of this information by completing the **Concussion Awareness Parent/Student-Athlete Acknowledgment Statement**.

Please use the link here:

https://www.academyoftheholycross.org/cf_forms/view.cfm?formID=451&LockSSL=true

JOIN THE CONVERSATION  www.facebook.com/CDCHeadsUp



HEADS UP

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).