

# What can we do at home?

- Encourage safe practice and play, including appropriate use of equipment, helmets, and other protective gear.
- After a concussion, the brain needs time to heal. Don't let your child return to physical activity the day of the injury and until a health care professional, experienced in evaluating for concussion, says your child is symptom-free and it's OK to return to activity.
- Encourage cognitive rest from TV, computer use, video games, and phone texting.
- Encourage sleep, proper nutrition, and fluid intake.
- Report new or continued symptoms to school personnel to ensure appropriate levels of academic workload.
- Encourage truthfully reporting symptoms. Oftentimes students believe that it is a sign of strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your child convince you that s/he's "just fine."
- Inform your child's school personnel of ANY concussion or injury from outside school activities or sports.

## Resources

Colorado Brain Injury Networking Team  
[www.cokidswithbraininjury.com](http://www.cokidswithbraininjury.com)

Colorado Department of Education Concussion Management Guidelines  
[http://www.cde.state.co.us/cdesped/download/pdf/TBI\\_ConcussionGuidelines.pdf](http://www.cde.state.co.us/cdesped/download/pdf/TBI_ConcussionGuidelines.pdf)

Colorado High School Activities Association (CHSAA) <http://chsaa.org/sports/medicine>

Heads Up to Schools: Know Your Concussion ABCs [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)

Jake Snakenburg Colorado SB 40 11-0400  
<http://www.cde.state.co.us/HealthAndWellness/download/Brain%20Injury/SB11-040.pdf>

REAP the Benefits of Good Concussion Management. Rocky Mountain Sports Medicine Institute Center for Concussion  
<http://www.rockymountainhospitalforchildren.com/sports-medicine/concussion-management/reap-guidelines.htm>



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If you have questions regarding the Concussion Policy of School District 27J, please contact your student's building administrator for further information.

# Concussion Information

## A Student and Parent Guide to Concussions



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# Concussions

*Concussions are serious injuries not to be taken lightly. Your child could suffer life-long health issues and even death if not treated properly.*

## Common Signs and Symptoms

- Confusion
- Memory difficulties
- Slowed Processing
- Headache/Pressure
- Blurred vision
- Dizziness
- Poor balance
- Ringing in ears
- Nausea/vomiting
- Numbness/tingling
- Sensitivity to light
- Sensitivity to noise
- Disorientation
- “Foggy” thinking
- Difficulties concentrating
- Slowed speech
- Fatigue
- Sleep disturbances
- Personality changes
- Irritability, overly “emotional”

## What is a concussion?

A concussion is a traumatic brain injury (TBI) resulting from a blow to the head, face, neck or elsewhere on the body which may cause the brain to impact or move within the skull. Symptoms may range from mild to severe; a concussion may or may not involve a loss of consciousness (LOC).

Concussions can be complicated injuries that can lead to life-long impairment if not treated properly. A repeat concussion that occurs before the brain recovers from the first -- usually within a short period of time (hours, days, or weeks) -- can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

## Sports Related Injury

Any student or athlete should immediately report any hit or trauma to the head or significant trauma to the body that results in ANY abnormal signs/symptoms to the Athletic Trainer, Coach, or School Health Clinic.

Per Colorado High School Activities Association (CHSAA) guidelines and the Jake Snakenberg Youth Concussion Act (Colorado S. B. 11-040), ALL athletes who exhibit signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from play until cleared by a licensed healthcare practitioner (MD, DO, Nurse Practitioner, or Physician Assistant) and free of all symptoms of the concussion.

## Graduated Return to Activity

Regardless of whether the concussion occurred during a sports related activity or another activity, once a student has been cleared by a qualified healthcare professional, the student must proceed with activity in a gradual, step-wise fashion to allow the brain to readjust to exertion.

Initially, students should refrain from all physical activity and cognitive demands until symptoms are no longer evident. Then, there will be a gradual increase of physical and cognitive demands with monitoring to ensure no increase of symptoms. If symptoms reoccur, then the student should return to a level of physical and cognitive activity in which no symptoms are evident.

The process of returning to increased levels of activity may be frustrating to students, parents and teachers. However, this graduated return to activity will help to ensure a complete recovery and reduce the potential for long term effects.