

## CONCUSSION INFORMATION--STUDENT-ATHLETES & PARENTS/LEGAL GUARDIANS

### What is a concussion?

A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

### How do I know if I have a concussion?

There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

Thinking / Remembering	PHYSICAL	EMOTIONAL / MOOD	SLEEP
<ul style="list-style-type: none"> <li>· Difficulty thinking clearly</li> <li>· Taking longer to figure things out</li> <li>· Difficulty concentrating</li> <li>· Difficulty remembering new information</li> </ul>	<ul style="list-style-type: none"> <li>· Fuzzy or blurry vision</li> <li>· Feeling sick to your stomach/queasy</li> <li>· Vomiting/throwing up</li> <li>· Dizziness</li> <li>· Balance problems</li> <li>· Sensitivity to noise or light</li> </ul>	<ul style="list-style-type: none"> <li>· Irritability-things bother you more easily</li> <li>· Sadness</li> <li>· Being more moody</li> <li>· Feeling nervous or worried</li> <li>· Crying more</li> </ul>	<ul style="list-style-type: none"> <li>· Sleeping more than usual</li> <li>· Sleeping less than usual</li> <li>· Trouble falling asleep</li> <li>· Feeling tired</li> </ul>

Table is adapted from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/>)

### What should I do if I think I have a concussion?

If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

### When should I be particularly concerned?

If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

### **What are some of the problems that may affect me after a concussion?**

You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur once you have a concussion, you are more likely to have another concussion.

### **How do I know when it's ok to return to physical activity and my sport after a concussion?**

After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/play or practice. Your school will have a policy in place for how to treat concussions. You should not return to play or practice on the same day as your suspected concussion.

You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not recovered from the injury.

### **Return to Play Progression for Concussions Once symptom free**

- After 12 hours of being symptom free
  - o The basic neurological exam must be normal
  - o A medical doctor must give clearance to begin the progression (SCHSL Concussion Return to Play Form) (See Athletic Director for form)
  
- Progression
  - o Day 1 Symptom Free Aerobic exercise (stationary bike for 20 minutes)
  - o Day 2 Symptom Free Sport specific non-sprinting drills
  - o Day 3 Symptom Free Sport specific sprinting drills
  - o Day 4 Symptom Free Regular practice
  - o Day 5 Symptom Free Game play

Things to remember:

- No concussion is the same. This progression may not occur in this exact order.
- There is no return to play on the day a concussion is sustained.
- There must be at least a 48 hour wait period before the 12 hours of symptom free
- If any symptoms reoccur during any phase of the next few days, the progression jumps backwards to the last phase of the progression
- Each step takes 24 hours
- Persistent recurrent symptoms require returning to complete rest and reevaluation by physician
- The entire protocol will take a minimum of 7 days
- The athlete must see a doctor prior to returning to play

## **MRSA INFORMATION**

Methicillin-Resistant Staphylococcus Aureus (MRSA) is a type of infection caused by Staph bacteria that is resistant to some common antibiotics such as penicillin. Staph and MRSA are spread by close contact either through direct physical contact with an infected individual or by touching objects contaminated with the bacteria. In most cases, MRSA infections are mild and can be treated successfully with proper hygiene and the appropriate antibiotics. The school athletic staff has a system that is aimed at the prevention of MRSA or other communal diseases. No athlete is allowed to house non-school issued clothing in their lockers (e.g., socks, shirts, shorts, or other personal items). The uniforms are washed weekly by staff with an enzyme-based detergent. The equipment, lockers, and locker room is sprayed 2-3 times a week with a disinfectant. The most important step that can be taken in the prevention of MRSA is to ensure that the athletes shower with soap immediately after each practice, game, or match. The system that the school has in place is consistent with all Fort Mill schools. Our staff is aware of the seriousness of this situation and we are all working together to ensure that our athletes remain safe. Useful Information: How can I prevent Staph or MRSA skin infections? Practice good hygiene: 1. Keep your hands clean by washing thoroughly with soap and water or using an alcohol-based hand sanitizer. 2. Keep cuts and scrapes clean and covered with a bandage until healed. 3. Avoid contact with other people's wounds or bandages. 4. Avoid sharing personal items such as towels or razors. For more information on MRSA and its prevention, please go to this website: [http://www.cdc.gov/ncidod/dhqp/ar\\_mrsa\\_ca\\_public.html#8](http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca_public.html#8)

### Disclosure of Grades

Our coaches do keep track of their athlete's academic progress over the course of a season. The privilege of our coaches to do so is outlined in the following:

#### **Family Educational Rights and Privacy Act (FERPA)**

The Family Educational Rights and Privacy Act (FERPA) (20 U.S.C. § 1232g; 34 CFR Part 99) is a Federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education.

FERPA gives parents certain rights with respect to their children's education records. These rights transfer to the student when he or she reaches the age of 18 or attends a school beyond the high school level. Students to whom the rights have transferred are "eligible students."

- Parents or eligible students have the right to inspect and review the student's education records maintained by the school. Schools are not required to provide copies of records unless, for reasons such as great distance, it is impossible for parents or eligible students to review the records. Schools may charge a fee for copies.
- Parents or eligible students have the right to request that a school correct records which they believe to be inaccurate or misleading. If the school decides not to amend the record, the parent or eligible student then has the right to a formal hearing. After the hearing, if the school still decides not to amend the record, the parent or eligible student has the right to place a statement with the record setting forth his or her view about the contested information.
- Generally, schools must have written permission from the parent or eligible student in order to release any information from a student's education record. However, FERPA allows schools to disclose those records, without consent, to the following parties or under the following conditions (34 CFR §99.31):
  - o School officials with legitimate educational interest;
  - o Other schools to which a student is transferring;
  - o Specified officials for audit or evaluation purposes;
  - o Appropriate parties in connection with financial aid to a student;
  - o Organizations conducting certain studies for or on behalf of the school;
  - o Accrediting organizations;
  - o To comply with a judicial order or lawfully issued subpoena;
  - o Appropriate officials in cases of health and safety emergencies; and
  - o State and local authorities, within a juvenile justice system, pursuant to specific State law.

Schools may disclose, without consent, "directory" information such as a student's name, address, telephone number, date and place of birth, honors and awards, and dates of attendance. However, schools must tell parents and eligible students about directory information and allow parents and eligible students a reasonable amount of time to request that the school not disclose directory information about them. Schools must notify parents and eligible students annually of their rights under FERPA. The actual means of notification (special letter, inclusion in a PTA bulletin, student handbook, or newspaper article) is left to the discretion of each school. For additional information or technical assistance, you may call (202) 260-3887 (voice). Individuals who use TDD may call the Federal Information Relay Service at 1-800-877-8339.

For any questions or concerns please contact the following:

Family Policy Compliance Office  
U.S. Department of Education  
400 Maryland Avenue, SW  
Washington, D.C. 20202-5920