

RSU #23 SCHOOL DEPARTMENT CONCUSSION INFORMATION SHEET**What can happen if my child keeps on playing with a concussion or returns too soon?**

Students with the signs and symptoms of concussion should be removed from play and all activities immediately. Continuing to participate in physical activity with the signs and symptoms of concussion leaves the young student especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after the concussion occurs, particularly if the student suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes and students will often under report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student's safety.

If you think your child has suffered a concussion

Any student even suspected of suffering a concussion should be removed from the game/practice and all physical activities immediately. No student may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the student should continue for several hours. RSU #23 School Department requires consistent and uniform implementation of well-established return to play/PE/activities concussion guidelines that have been recommended for several years and reflected in Board policy:

Any student suspected of having sustained a concussion or other injury during a school-sponsored athletic activity including but not limited to competition, practice or scrimmage, must be removed from the activity immediately.

No student will be permitted return to the activity or to participate in any other school-sponsored athletic activity on the day of the suspected concussion.

Any student who is suspected of having sustained a concussion or other injury shall be prohibited from further participation in school-sponsored athletic activities and physical education until he/she has been evaluated and received written medical clearance to do so from a licensed health care provider who is qualified and trained in concussion management.

You should also inform your child's coach/school nurse if you think that your child may have a concussion. Remember it's better to miss one game than miss the

whole season. And when in doubt, the student sits out.

For up-to-date information on concussions you can go to:

<http://www.cdc.gov/Concussion>

Student Name Printed

Student Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

Adopted: 02/10/2015