

## Concussion and Head Injury Guidelines and Procedures

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body, a fall, or another injury that jars or shakes the brain inside the skull. Although there may be **cuts or bruises on the head or face, there may be no other visible signs of a brain injury.** Concussions may happen in any sporting activity and can occur in many different ways, for example: a player hitting their head on the ground, or being struck in the head by an object or another player. A concussion can be accompanied by loss of consciousness; however this is not common in most cases. A startling 1.6 to 3.8 million concussions occur each year, 80% of which go undiagnosed.

### Signs and symptoms

Signs and symptoms of a concussion can be seen in an athlete in four different areas: physical, thinking, emotions, and sleep. Concussion symptoms can range from mild to severe and duration of symptoms can range from several hours, to days, weeks, and sometimes in severe cases even months. The chart below shows the signs and symptoms that may accompany a concussion and separates them into four categories.

Signs and Symptoms Categories			
Physical	Thinking	Emotions	Sleep
Blurred vision	Not clearly thinking	Increased emotions	Increased sleeping
Headache	Athlete feels mentally sluggish	Mood swings	Decreased sleeping
Nausea and vomiting	Lack of concentration	Sadness	Trouble falling asleep
Dizziness	Impaired ability to retain new information		
Sensitivity to light and sound	Athlete answers simple questions slowly		
Problems with balance	Athlete repeats questions		
Physically sluggish			

An athlete who suffers a concussion should be closely monitored throughout the remainder of the competition by coaches and the supervising staff and after the competition by the athlete's parents. If any of the above signs and symptoms persist or worsen the athlete should seek immediate medical attention.

## Coaching / Supervisor Procedures

If an athlete displays or complains of any of these signs or symptoms, they are to be removed from the competition immediately. The athlete's parent or guardian must be informed of the injury as soon as possible. Onsite coach or supervisor must complete CAP accident report and return to CAP Director within a timely manner. The player is not allowed to return to that competition or further competition without an evaluation. An evaluation by a health care provider whom is trained in concussion management and head injuries is required; a written clearance form from that health care provider must be provided to the CAP prior to the athlete resuming any athletic practice or competition.

### CAMBRIDGE CAP CONCUSSION RELEASE FORM

I herby acknowledge that I have received information to further understand the signs and symptoms of concussions, and other sport related head injuries. I understand that it is my responsibility to report any and all signs, symptoms, and head injuries. Further I agree that I have read all the information presented, and I have sought and received clarification on any and all topics as needed.

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Sport

\_\_\_\_\_  
Child's Name

\_\_\_\_\_  
Parent/Guardian Name

\_\_\_\_\_  
Signature (Parent or Guardian if under 19 years)

\_\_\_\_\_  
Date

