

Parents and student-athletes: Please read, sign, and keep a copy. You must turn in a signed form prior to the start of practice.

RSU 83/M.S.A.D. #13 CONCUSSION INFORMATION SHEET

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your student-athlete reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

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| • Headaches | ▪ “Don’t feel right” |
| • “Pressure in head” | ▪ Fatigue or low energy |
| • Nausea or vomiting | ▪ Sadness |
| • Neck pain | ▪ Nervousness or anxiety |
| • Balance problems or dizziness | ▪ Irritability |
| • Blurred, double, or fuzzy vision | ▪ More emotional |
| • Sensitivity to light or noise | ▪ Confusion |
| • Feeling sluggish or slowed down | ▪ Concentration or memory problems
(forgetting game plays) |
| • Feeling foggy or groggy | ▪ Repeating the same question/comment |
| • Drowsiness | ▪ Amnesia |
| • Change in sleep patterns | |

Signs observed by teammates, parents or coaches include:

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| • Appears dazed | ▪ Shows behavior or personality changes |
| • Vacant facial expression | ▪ Can’t recall events prior to hit |
| • Confused about assignment | ▪ Can’t recall events after hit |
| • Forgets plays | ▪ Seizures or convulsions |
| • Is unsure of game, score, or opponent | ▪ Any change in typical behavior or
personality |
| • Moves clumsily or displays
incoordination | ▪ Loses consciousness |
| • Answers questions slowly | ▪ Slurred speech |

This document is adapted from the CDC and the 3rd International Conference on Concussion in Sport Consensus Statement (2009)

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete 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 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-athlete’s safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete 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 athlete should continue for several hours. RSU 83/M.S.A.D. #13 requires the consistent and uniform implementation of well-established return to play concussion guidelines that have been recommended for several years and reflected in Board policy:

Any student suspected of having sustained a concussion or other head 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 to 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 head injury shall be prohibited from further participation in school-sponsored athletic activities 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 if you think that your child may have a concussion. Remember it is better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

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

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

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

Adopted: 5/13/2014

Reviewed: 8/9/2022

**RSU 83/M.S.A.D. #13
Mild Traumatic Brain Injury (MTBI)/Concussion'
Annual Statement and Acknowledgement Form**

I, _____ (student), acknowledge that I have to be an active participant in my own health and have direct responsibility for reporting all my injuries and illnesses to the school staff (e.g. coaches, team physicians, athletic training staff, school nurse). I acknowledge that my physical health relies on my providing a true medical history and sharing any symptoms, complaints, prior injuries and/or disabilities experienced before, during or after athletic activities.

By signing below, I acknowledge:

- ❖ My school gave me specific educational materials including the US Centers for Disease Control and Prevention (CDC) Concussion fact sheet (<http://www.ced.gov/concussion/HeadsUp/youth.htm>) on what a concussion is and has given me the chance to ask questions.
- ❖ I have told the staff of any prior medical conditions and will tell them about any future health conditions.
- ❖ A concussion is a brain injury, which I am responsible to report to the team coach, athletic director, or school nurse.
- ❖ A concussion can affect my ability to perform everyday activities, and affect my reaction time, balance, sleep, and classroom performance.
- ❖ Some of the symptoms of concussion may be noticed right away while other symptoms can show up hours later.
- ❖ If I think a teammate has a concussion, I am responsible for reporting the injury to the school staff.
- ❖ I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion related symptoms.
- ❖ I will not return to play in a game or practice until my symptoms have resolved AND I have written clearance to do so by a licensed health care professional trained in concussion management.
- ❖ Following a concussion, the brain needs time to heal and I am much more likely to have a repeat concussion or further damage if I return to play before my symptoms resolve.
- ❖ There is a chance that participation in my sport may result in a head injury and/or concussion. In rare cases, these concussions can cause permanent brain damage, and even death.

Based on the incidence of concussion as published by the CDC the following sports are identified as high risk for concussion: baseball, basketball, diving, football, pole vaulting, soccer, softball, cheering and wrestling. I represent and certify that my parent/guardian and I have read the entirety of this document and fully understand the contents, consequences and implications of signing this document. I agree to be bound by this document.

Student Athlete:

Print Name: _____ Signature: _____ Date: _____

Parent or legal guardian must print and sign name below.

Print Name: _____ Signature: _____ Date: _____

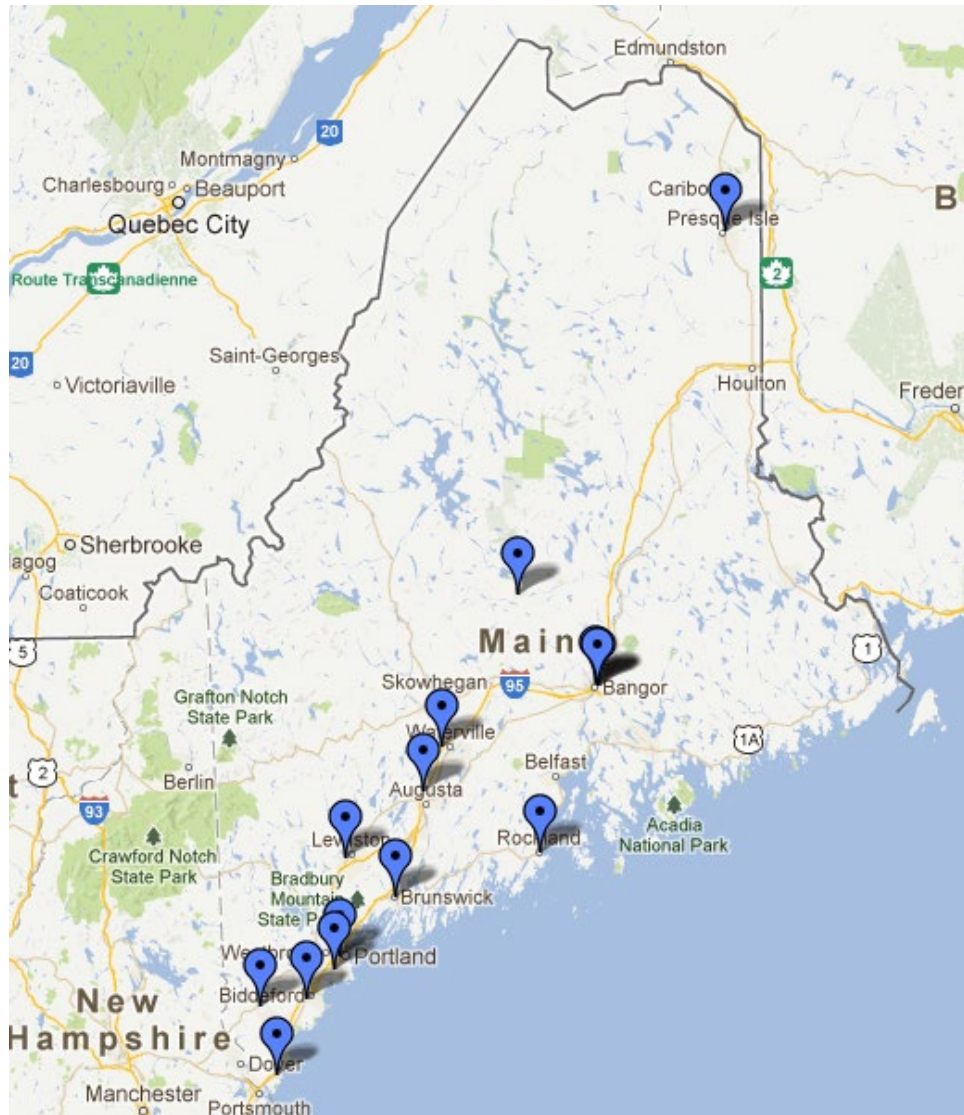
School Representative:

Print Name: _____ Signature: _____ Date: _____

Title: _____

RSU 83/M.S.A.D. #13

MCMCI Providers are located throughout the state of Maine.



Current MCMCI Credentialed Providers

Name	Affiliation	Location
Joseph Atkins, PhD	Colby College	Waterville
Jeffery Bean, DO	OA-Center for Orthopedics	Portland
Paul Berkner, DO	University of New England	Biddeford
John L. Dolan, DO	Southern Maine Medical Center	Biddeford
James Dunlap, MD	Waterville Orthopedics	Waterville
Kendra Bryant, PhD	NCMA- Neuropsychology and Concussion Management Associates	Rockport

Royal Grueneich, PhD	Eastern Maine Medical Center	Bangor
Bill Heinz, MD	OA-Center for Orthopedics	Portland
Chris Lutzkowsky, MD	Maine General	Augusta
David McDermott, MD	Mayo Hospital	Dover-Foxcroft
Lucien Ouellette, MD	OA-Center for Orthopedics	Portland
Michael Pleacher, MD	OA-Center for Orthopedics	Portland
Anthony M. Podrza, MD	Eastern Maine Medical Center	Bangor
Peter Sedgwick, MD	Central Maine Sports Medicine	Lewiston
Brian Frenkiewich, DO	New London Hospital	New London, NH
Carl Flynn, MD	Pines Caribou Health Center	Caribou
John Colianni, MD	Martin's Point Health Care	Portland
Thomas Pulling, MD	Franklin Orthopedics-Sports Medicine	Farmington
Duska Thurston, MD	EMMC Family Medicine Center and Residency	Bangor

How do I become a MCMI credentialed provider?

There are several steps to becoming a MCMI credentialed provider. If you are interested in becoming a credentialed provider, please contact Caroline LaFave (caoconno@colby.edu) or Dr. Paul Berkner (pberkner@colby.edu) for more information.

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