

Mount Pleasant ISD Concussion Policy

Parental Information and Consent Form for Concussions

What is a concussion?

A concussion is an injury to the brain. It is caused by a bump, blow, or jolt to either the head or body that causes the brain to move rapidly within the skull. The resulting injury to the brain changes how the brain functions in a normal manner. The signs and symptoms of a concussion can show up immediately after the injury or may not appear for hours or days after the injury. Concussions can have long-term health effects, and even a seemingly mild injury can be serious. A major concern with any concussion is returning to play too soon. Having a second concussion before healing can take place from the initial or previous concussion can lead to serious and potentially fatal health conditions.

What are the symptoms of a concussion?

Signs and symptoms of a concussion are typically noted right after the injury, but some might not be recognized until days after the injury. Common symptoms include: headache, dizziness, amnesia, fatigue, confusion, mood changes, depression, poor vision, sensitivity to light or noise, lethargy, poor attention or concentration, sleep disturbances, and aggression. The individual may or may not have lost consciousness.

What should be done if a concussion is suspected?

1. Immediately remove the student from practice or game
2. See medical attention (See Athletic Trainer if available or Physician)
3. Do not allow the student to return to play until the proper medical clearance and return to play guidelines have been followed. The permission for return to play will come from the appropriate health care professional or professionals.

If you have any questions concerning concussions or the return to play policy, you may contact the athletic trainers.

What should the athlete know about playing with a concussion?

Teach athletes it's not smart to play with a concussion. Rest is the key after a concussion. Sometimes athletes, parents, and other school or league officials wrongly believe it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your athlete convince you they are "just fine".

What the risk of returning to activity too soon after sustaining a concussion?

If an athlete has a concussion, their brain needs time to heal. Don't let them return to play the day of the injury and until a health care professional, experienced in evaluating concussion, says they are symptom-free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short time period (hours, days, weeks)—can slow recovery to increase the chances for long-term problems. Second Impact Syndrome can be devastating and even fatal in some cases.

Return to Activity/Play following a Concussion

1. the student has been evaluated; using established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the student or student's parent or guardian or another person with legal authority to make medical decisions for the student;

2. the student successfully completed each requirement of the return-to-play protocol established under TEC Section 38.153 necessary for the student to return to play;
3. the treating physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the student to return to play; and
4. the student and the student's parent or guardian or another person with legal authority to make medical decisions for the student:
 - A. have acknowledged that the student has completed the requirements of the return-to-play (RTP) necessary for the student to return to play;
 - B. have provided the treating physician's written statement under Subdivision (3) to the person responsible for compliance with RTP under Subsection (c) and the person who has supervisory responsibilities under Subsection (c); and
 - C. having signed a consent form indicating that the person signing:
 - (i) has been informed concerning and consents to the student participating in RTP in accordance with RTP protocol;
 - (ii) understands risks associated with the student returning to play and will comply with any ongoing requirements in the RTP protocol;
 - (iii) consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (HIPPA), of the physician's written statement under Subdivision (3) and , if any, the RTP recommendations of the treating physician; and
 - (iv) understand the immunity provisions under TEC Section 38.159.

More information about the new Concussion legislation can be found on the UIL website at www.uil.utexas.edu.

By signing this form, I understand the risk and dangers related with returning to play too soon after concussion. Furthermore, in the event my son/daughter is diagnosed with a concussion, I give my consent for my son/daughter to participate in the Mount Pleasant ISD return to play protocol. The undersigned, being a parent, guardian, or another person with legal authority, grants permission.

Athlete's Name (print) _____

Parent's or Guardian's name (print) _____

Parent's or Guardian's signature _____

Date: _____