

CONCUSSION FACT SHEET FOR PARENTS/GUARDIANS

What is a concussion?

A concussion is a brain injury that:

- Is caused by a blow to the head or body from contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- **Can happen even if you do not lose consciousness.**

CIF Bylaw 313. Play It Safer

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider.

What are the symptoms of a concussion?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

Concussion symptoms may include:

- Amnesia.
- Nausea (feeling that you might vomit).
- Double or fuzzy vision.
- Loss of consciousness.
- Confusion.
- Don't feel right.
- Sensitivity to light or noise.
- Slowed reaction time
- Headache.
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Balance problems or dizziness.
- Concentration or memory problems (forgetting game plays, facts, meeting times).

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

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

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a 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 the adolescent or teenage athletes will often under-report symptoms of injuries. And concussions are no different. As a result, the education of administrators, coaches, parents and students is the key for the student-athlete's safety.

What you should do 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 written medical clearance. Close observation of the athlete should continue for several hours. The new "CIF Bylaw 313" now requires the consistent and uniform implementation of long and well-established return-to-play concussion guidelines that help ensure and protect the health of student-athletes.

It's better to miss one game than the whole season. When in doubt, get checked out.

For more information and resources, visit www.cifstate.org/health_safety & www.cdc.gov/concussion

LEUSD CONCUSSION MANAGEMENT PROTOCOL

Concussions and other brain injuries can be serious and potentially life threatening injuries in sports. Research indicates that these injuries can also have serious consequences later in life if not managed properly. In an effort to combat this injury the following concussion management protocol will be used for LEUSD student athletes suspected of sustaining a concussion. A **concussion** occurs when there is a direct or indirect insult to the brain. As a result, transient impairment of mental functions such as memory, balance/equilibrium, and vision may occur. It is important to recognize that many sport-related concussions *do not* result in loss of consciousness and, therefore, all suspected head injuries must be taken seriously. Coaches and fellow teammates can be helpful in identifying those who may potentially have a concussion, because a concussed athlete may not be aware of their condition or potentially be trying to hide the injury to stay in the game or practice.

- 1) An athlete suspected of sustaining a concussion will be evaluated by the team's athletic trainer using the LEUSD concussion report. In the case of an Athletic Trainer not present, the coach will use the LEUSD concussion report. The presence of symptoms will dictate the student-athlete to be evaluated by a Doctor (MD or DO).
- 2) A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return.

STUDENT MUST INITIAL EACH STATEMENT BELOW

Student-Athlete Concussion Statement - STUDENT CHECK BOXES THAT YOU HAVE READ AND UNDERSTAND.

- _____ I understand that it is my responsibility to report all injuries and illnesses to my athletic trainer and/or team physician.
- _____ I have read and understand the *CIF/CDC Concussion Fact Sheet*.
- After reading the CIF/CDC Concussion fact sheet, I am aware of the following information:*
- Student Initial next to each line
- _____ A concussion is a brain injury, which I am responsible for reporting to my team physician or athletic trainer
- _____ A concussion can affect my ability to perform everyday activities and affect reaction time, balance, sleep, and classroom performance.
- _____ You cannot see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.
- _____ If I suspect a teammate has a concussion, I am responsible for reporting the injury to my team physician or athletic trainer.
- _____ 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
- _____ Following concussion the brain needs time to heal. You are much more likely to have a repeat concussion if you return to play before your symptoms resolve themselves.
- _____ In rare cases, repeat concussions can cause permanent brain damage and even death.

LEUSD STUDENT STEROID AFFIDAVIT

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Bylaw 524).

Both the participating student-athlete and the parent, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We also recognize that under CIF Bylaw 200.D., there could be penalties for false or fraudulent information. We also understand that the Lake Elsinore Unified School District policy regarding the use of illegal drugs will be enforced for any violations of these rules.

LEUSD ACTIVITIES AND ATHLETIC CODE OF CONDUCT

Student Responsibilities and Code of Conduct:

Participation in the Activities/Athletics programs is a privilege and a responsibility. Students who participate in programs understand the privilege and agree to uphold the responsibilities below:

- To themselves to maintain high standards of health and safety in order to perform at the maximum level of their potential.
- To their fellow group/team members to give their best effort at all times.
- To their coaches, advisors and directors to strive for success in every effort they undertake.
- To their school and community, whom they represent, to maintain the highest standards of conduct.
- To the youth of the community, who look up to them, to be role models of citizenship and behavior.
- To refrain from the use of performance enhancing drugs, cigarettes and/or any other substance deemed inappropriate, a controlled substance, alcohol, and/or drug use.

Parent Responsibilities:

Besides the school and coaches, parents have a strong influence over students' conduct and behavior. Good citizenship, behavior, and sportsmanship can best be emphasized through a partnership among students, staff, and parents. Parents are responsible for maintaining the standards of the CIF's Pursuing Victory with Honor Code of Conduct for Parents/Guardians (see attached).

Staff Responsibilities:

School personnel will be responsible for assisting students in meeting their responsibilities under this Code. Coaches and advisors play a key role in educating and being role models for the students enrolled in their sport or activity. Coaches and advisors are responsible for educating students and enforcing all aspects of the Athletic/Activity Code. It is essential that a caring and positive approach be used to convey to students their responsibilities and the consequences to students if the Code is violated. The school administration will be responsible for administering all consequences to students for violation of this code.

Any major infraction of this Code of Conduct shall result in the following consequences:

Listed below are the cumulative (these penalties are cumulative during a student's tenure in the LEUSD) penalties and regulations regarding any major infractions of the Activities/Athletics Code. These will be applied IN ADDITION TO and AFTER students have complied with the consequences of the regular school discipline program which may include suspension and expulsion.

- **First Offense (15 Day Exclusion)**

Upon notification by school authority, the student will be excluded from participation in EVERY extra-curricular activity/athletic program or event for 15 calendar days from the date of determination of code violation by administration, coach, or advisor. If the infraction occurs during the summer break the exclusion period will begin on the first day students return to school.

- **Second Offense (30 Day Exclusion)**

Upon notification by school authority, the student will be excluded from participation in EVERY extra-curricular activity/athletic program or event for 30 calendar days from the date of determination of code violation. If the infraction occurs during the summer break the exclusion period will begin on the first day students return to school.

- **Third Offense (60 Day Exclusion)**

Upon notification by school authority, the student will be excluded from participation in EVERY extra-curricular activity/athletic program or event for 60 calendar days from the date of determination of code violation. If the infraction occurs during the summer break the exclusion period will begin on the first day student returns.

- **Fourth Offense (Complete Exclusion)**

Upon notification by school authority, the student will be excluded from participation in EVERY extra-curricular activity/athletic program or event for the duration of his/her attendance time in LEUSD.

CIF-SS CODE OF ETHICS - ATHLETES

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand it is my responsibility to:

- Place academic achievement as the highest priority.
- Show respect for teammates, opponents, officials and coaches.
- Respect the integrity and judgment of game officials.
- Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
- Maintain a high level of safety awareness.
- Refrain from the use of profanity, vulgarity and other offensive language and gestures.
- Adhere to the established rules and standards of the game to be played.
- Respect all equipment and use it safely and appropriately.
- Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
- Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
- Win with character, lose with dignity.

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Article 523)

STUDENT ACCIDENT INSURANCE

The Lake Elsinore Unified School District *does not provide medical, accident or dental insurance* for pupils injured on school premises or through school activities. In accordance with Education Code Section 49472, the District is making available a low cost medical/dental accident insurance program. The purpose of this plan is to provide assistance at a minimum cost to meet some of the expenses for accidental injury. The plan does not provide unlimited coverage, but does offer substantial assistance in the event of injury. Please see provided explanation in this folder for further plan details.

WARNING AGREEMENT TO OBEY INSTRUCTIONS, RELEASE ASSUMPTION OF RISK, AND HOLD HARMLESS

I am aware playing or practicing to play/participate in any sport can be a dangerous activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of playing or practicing to play/participate in any sport include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risks of playing or practicing to play/participate in sports may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life.

Because of the dangers of participating in sports, I recognize the importance of following coaches' instructions regarding playing techniques, training and other team rules, etc. and to obey such instructions.

In consideration of the Lake Elsinore Unified School District permitting me to try out for an athletic team and to engage in all activities related to the team including but not limited to, trying out, practice or playing/participation in that sport, I hereby assume all risks associated with participating and agree to hold the Lake Elsinore Unified School District, its employees, agents, representatives, coaches, and all volunteers harmless from any and all liability, actions, causes of actions, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with my release and assumption of risk for my heirs, estate, executor, assignees, and for all members of my family.

I am aware that football, wrestling, and baseball are violent contact sports involving even greater risk of injury.

