

Gloucester City Jr/Sr High School

1300 Market St.

Gloucester City, NJ 08030

(856)456-7000

Concussion Information Sheet

What is a concussion?

A concussion is classified as a mild traumatic brain injury. Any blow to the head, neck, jaw, or even chest or back can lead to a concussion. This causes a disruption of normal brain function. During a collision or blow to the upper body, the brain, which is suspended in fluid within the skull, is jostled and is then abruptly decelerated by hitting the inside of the skull (think of the egg yolk being agitated as you shake a raw egg). Not everyone will show the same symptoms (such as loss of consciousness, headaches, and dizziness) following a concussion. In fact, less than 10% of those who suffer a concussion lose consciousness.

What are signs and symptoms of a concussion?

Signs you may see in the athlete:

Appears dazed and disoriented
Moves clumsily
Is confused
Answers questions slowly
Cannot answer questions
Forgets plays
Cannot focus
Does not respond to commands
Loses consciousness
Has blood or clear fluid coming from ears or nose
Is irritable
Is depressed or anxious
Shows personality changes

Symptoms athlete may report:

Has a headache
Is nauseous or dizzy
Cannot maintain balance
Is tired or fatigued
Has blurry or double vision
Has ringing in the ears
Is sensitive to light or sound
Forgets things before or after injury
Cannot concentrate or feels foggy
Has problems sleeping
Is feeling depressed or uneasy

Be sure to observe your student-athlete following a possible or confirmed head injury. Any minor changes in his or her behavior, ability to answer questions, or energy level should be noted. Post concussion, students should be encouraged to eat normally (as long as it does not cause increased symptoms such as nausea or vomiting) as the healing brain requires fuel and sleep a full night, as the healing brain also needs the rest. Athletes that have suffered more than one concussion may not experience the same signs or symptoms with each concussion, but these athletes may need to be managed differently than those who suffered their first concussion.

Student athletes are required to follow the NJSIAA Graduated Return-to-play exercise protocol. Please refer to the school's website <http://www.gcsd.k12.nj.us/ghs/> for the district concussion policy and additional information.

Confirmation Concussion Information

I have received and reviewed the concussion information from Gloucester City Jr/Sr High School. I understand that head injuries are serious injuries and should not be taken lightly.

_____/_____
Student-Athlete (Signature) Date

_____/_____
Parent/Guardian (Signature) Date

Name (printed)

Name (printed)