



The Southeast DuPage Elementary Athletic Association has adopted the following NFHS concussion management guidelines:

## Guidelines for Management of a Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be "knocked out") to have suffered a concussion. Concussions are a common problem in sports and have the potential for serious complications if not managed correctly.

### Common Symptoms of Concussion Include:

#### Problems in brain function

- Confused state
- Memory problems
- Lack of sustained attention

#### Symptoms reported by athlete:

- Headache
- Nausea
- Blurred vision
- Ringing in ears
- Dizziness

### Sideline Management

1. Based on mechanism of injury, history and unusual behavior, and reactions of the athlete, even without loss of consciousness, assume a concussion has occurred if the head was hit and even the mildest of symptoms occur.
2. If confusion, unusual behavior or responsiveness, deteriorating condition, loss of consciousness, or concern about neck and spine injury exist, the athlete should be referred at once for emergency care.

### Return to Play:

#### No athlete should return to play (RTP) or practice on the same day of a concussion.

1. Any player who exhibits signs, symptoms or behaviors consistent with a concussion will be immediately removed from the game and will not return to play until cleared by an appropriate health care professional. No athlete suspected of having a concussion should return to the same practice or contest, even if symptoms clear in 15 minutes.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate healthcare professional prior to resuming participation in any practice or competition.

For further details please see the "NFHS Suggested Guidelines for Management of Concussion" at [www.nfhs.org](http://www.nfhs.org).



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- Blurred vision/ Dizziness
- Headache/Ringing in the Ears

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3. Any athlete with a concussion should be medically cleared by an appropriate healthcare professional prior to resuming participation in any practice or competition.

**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. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's 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/ConcussionInYouthSports/>

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Student-athlete Name Printed

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Student-athlete Signature

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Date

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Parent or Legal Guardian Printed

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Parent or Legal Guardian Signature

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Date