

Hello,

\_\_\_\_\_ was injured today (\_\_\_/\_\_\_/\_\_\_) and is suspected of possibly having a concussion. A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head or even a jarring of the body or head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Here are some signs and symptoms that were noticed that leads us to believe they could have a concussion:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”
- Appeared dazed or stunned
- Was confused about assignment or position
- Forgot an instruction
- Was unsure of game, score, or opponent
- Moved clumsily
- Answered questions slowly
- Shows mood, behavior, or personality changes

Please schedule an appointment with their Primary Care Physician. According to New York State Education Department all head injuries that are sustained by a student during athletic activities must be diagnosed and then, eventually cleared to begin the Return to Play progression by a physician. A note from a PA, NP, RN, etc... will not be accepted.

**IF YOUR CHILD DEVELOPS ANY OF THE FOLLOWING SIGNS OR SYMPTOMS, PLEASE BRING THEM TO EMERGENCY ROOM IMMEDIATELY**

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

If you have any questions, please contact the Athletic Office at 315-564-8130 Ext. 5