

Concussion Warning Signs and Symptoms

*information as provided by the WHSAA and the Wyoming Medical Center

**Please keep this list to serve as a reference if
your student athlete suffers a head injury**

Signs of a concussion as observed by a witness

- *appears dazed or confused
- *answers questions slowly
- *personality changes
- *confused about assignment
- *loss of consciousness
- *doesn't know opponent
- *forgets plays
- *behavior changes
- *poor concentration
- *unsure of score, game or opponent
- *can't recall hits or events prior to injury
- *moves clumsily
- *vomiting

Symptoms of a concussions as reported by the athlete

- *headache
- *memory problems
- *feeling "woozy"
- *nausea
- *fuzzy vision (double)
- *balance problems
- *dizziness
- *sensitivity to light
- *poor concentration
- *confusion
- *sensitivity to noise
- *feels sluggish

As per WHSAA rule: no player shall return to play the same day if a loss of consciousness or suspicion of a loss of consciousness has occurred.

No player should be returned to play with ANY signs or symptoms listed above.

Immediate referral to emergency care is indicated for deteriorating status, persistent symptoms, or suspicion of neck injury.

Players experiencing a second concussion in a single season should NOT be returned to play the same day and should be referred to medical evaluation.

Glenrock High School personnel have been educated on these signs and symptoms of concussions. They will always be very conservative with all of their athletes in regards to any suspicious head injury or the appearance of any of these signs or symptoms. Medical evaluation and documentation will be required in head injury cases. Our purpose is to keep all of our athletes safe and we fully believe that in regard to head injuries: "when in doubt, sit them out."

Concussion Warning Sign Parent/Athlete Signature Card - please return this portion to the GHS office.

Glenrock High School, in conjunction with the Wyoming High School Activities Association, is taking a very proactive approach in dealing with head injuries. It takes the responsibility of all people involved to successfully handle these types of injuries. Our athletes must tell their coaches if they ever experience any of these symptoms. Our coaches must be aware of their players' physical and mental status and will not hesitate to call the parents if problems are discovered or call emergency medical assistance if the situation is deemed life threatening. Parents must communicate with their child and the coaching staff if any of these symptoms arise at home. Medical professionals need to be consulted in a timely manner and their recommendations will be documented and followed very closely.

I have read this sheet and will file this document in a place for later reference. We encourage all of our parents to be aware of their child's physical and mental status each night after practice or competition. If you would like further information on this topic, we encourage you to take the free National Federation of Sports Online class "Concussions in Sports - What You Need to Know" that can be found on the WHSAA home page at www.whsaa.org.

Parent Name - printed

Student Name - printed

Parent Signature

Student Signature

Date

Date