

MISSISSIPPI ASSOCIATION OF INDEPENDENT SCHOOLS

Concussion Information Form

(Required by MAIS Annually)

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You cannot see a concussion, and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|-----------------------------------|---|
| • Headaches | Amnesia |
| • “Pressure in head” | “Don’t feel right” |
| • Nausea or vomiting | Fatigue or low energy |
| • Neck Pain | Sadness |
| • Balance problems or dizziness | Nervousness or anxiety |
| • Blurred, double or fuzzy vision | Irritability |
| • Sensitivity to light or noise | More emotional |
| • Feeling sluggish or slowed down | Confusion |
| • Feeling foggy or groggy | Concentration or memory problems
(forgetting game plays) |
| • Drowsiness | Repeating the same question/comment |
| • Change in sleep patterns | |

Signs observed by teammates, parents, and coaches include:

Appears dazed
Vacant facial expression
Confused about assignment
Forgets plays
Is unsure of game, score, or opponent
Moves clumsily or displays incoordination
Answers questions slowly
Slurred speech
Shows behavior or personality changes
Can’t recall events prior to hit
Seizures or convulsions
any change in typical behavior or personality
Loses consciousness

(Continued on next page)

MISSISSIPPI ASSOCIATION OF INDEPENDENT SCHOOLS

Concussion Information Form

(Required by MAIS Annually)

MAIS Concussion Policy:

- An athlete who reports or displays any symptoms or signs of a concussion in a practice or game setting should be removed immediately from the practice or game. The athlete should not be allowed to return to the practice or game for the remainder of the day regardless of whether the athlete appears or states that he/she is normal.
- The athlete should be evaluated by a licensed, qualified medical professional working within their scope of practice as soon as can be practically arranged.
- If an athlete has sustained a concussion, the athlete should be referred to a licensed physician preferably one with experience in managing sports concussion injuries.
- The athlete who has been diagnosed with a concussion should be returned to play only after full recovery and clearance by a physician. Recovery from a concussion, regardless of loss on consciousness, usually takes 7-14 days after resolution of all symptoms.
- Return to play after a concussion should be gradual and follow a progressive return to competition. An athlete should not return to a competitive game before demonstrating that he/she has no symptoms in a full supervised practice.
- Athletes should not continue to practice or return to play while still having symptoms of a concussion. Sustaining an impact to the head while recovering from a concussion may cause Second Impact Syndrome, a catastrophic neurological brain injury.

Remember, it is better to miss one game than to miss the whole season.

I have reviewed this information on concussions and am aware that a release by a medical doctor is required before a student may return to play under this policy.

_____ Student Athlete Name Printed	_____ Student Athlete Signature	_____ Date
_____ Parent Name Printed	_____ Parent Signature	_____ Date