

Putnam City School District Athletic Department

Heads up: Concussion in Youth Sports a Fact Sheet for Athletes

What is a Concussion?

- A concussion is a brain injury that:
- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practice or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

What are the Symptoms of a Concussion?

- Headache or "Pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion

What should I do if I think I have a Concussion?

- **Tell you coaches and parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates may have a concussion.
- **Get a medical check-up.** A doctor or health care professional can tell if you have a concussion and when you are OK to return to play.
- **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Additional concussions can cause damage to your brain. It is important to rest until you get approval from a Doctor or Healthcare Professional to return to play.

How can I prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself:

- Follow your Coach's rules for safety and the rules of the sport
- Practice good sportsmanship at all times
- Use the proper sports equipment, including personal protective equipment (Such as helmets, padding, chin straps, protective eye wear and mouth guards)

In order for equipment to protect you, it must be:

- The right equipment for the game, position or activity
- Worn correctly and fitted well
- Used every time you play or practice

IT'S
BETTER TO
MISS ONE
GAME
THAN THE
WHOLE
SEASON!

Putnam City School District Athletic Department Concussion and Head Injury Acknowledgment

In compliance with Oklahoma Statute Section 24-155 of Title 70. The purpose of this acknowledgment form is to confirm that you have read and understand the information provided to you by the Putnam City School District Athletic Department related to potential concussions and head injuries occurring during participation in athletic programs.

I, (Print Name) _____ as a student-athlete who participates in Putnam City School District High School Athletics and as the parent/legal guardian of (Print Name) _____ have read the information material provided to us by the Athletic Department of Putnam City High School related to concussions and head injuries occurring during participation in athletic programs and understands its contents and warnings.

Signature of Student-Athlete

Date

Signature of Parent/ Legal Guardian

Date

This form should be completed annually prior to the athlete's first practice and/or competition and be kept on file for one year beyond the date of signature in the principal's office or the office designated by the principal.

Given a copy of:

Heads Up: Concussion in Youth Sports, A Fact Sheet for Parents and Guardians.

Heads Up: Concussion in Youth Sports, A Youth Fact Sheet for Athletes.

For more information on concussions and traumatic brain injury visit:

- www.cdc.gov/TraumaticBrainInjury/
- www.oata.net
- www.ossaa.com
- www.nfhsleam.com