

EDMONDS SCHOOL DISTRICT  
TAKE HOME CONCUSSION INFORMATION SHEET

Your son or daughter is suspected of having a concussion. Concussions are a type of brain injury that can range from mild to severe and can disrupt the way the brain normally works. Your child may experience a wide range of symptoms. Some of the most common symptoms are:

- Headaches
- Lightheadedness
- Light sensitivity
- Noise Sensitivity
- Irritability
- More emotional
- Poor concentration- forgetting simple tasks, seems like they are not listening (more than normal)
- Dizziness
- Loss of appetite
- Visual problems
- Slurred speech
- Trouble sleeping
- Academic problems
- Balance problems
- Feeling “in a fog”
- Nausea

Zurich Consensus Statement, 2009

You do not need to wake your child throughout the night or shine a light in their eyes, **DO NOT GIVE THEM ANY MEDICATION** unless directed by a physician.

**Below are some symptoms that require immediate action on your part**

**Vomiting**

**Vision loss**

**Slurred speech**

**Numbness or weakness in the arms or legs**

**Increasing headache**

If your child has any of these symptoms or if you are not comfortable with their condition

**CALL 911 or TAKE THEM IMMEDIATELY TO THE EMERGENCY ROOM**

Your child may experience symptoms for minutes, hours and even days. If your child has symptoms that are affecting school contact the school nurse or Licensed Athletic Trainer. There are certain things that your child should avoid while they are having symptoms. These are only general guidelines and other things may worsen their symptoms. Generally TV, video games, computer screens, texting, listening to music, physical activity, and even school work can increase or prolong their symptoms and should be avoided until they can be evaluated by your schools Licensed Athletic Trainer and/or Physician.

Zurich Consensus Statement, 2009

**When can my child return to play?**

Once your child has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and is symptom free they can start a return to play progression and more specific information will be given at that time.

Recommendations provided to: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

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RETURNING TO PLAY AFTER A CONCUSSION

**How long will my child have symptoms?**

Every child reacts differently to injury especially when it comes to the brain. There is no good answer to how long they will have symptoms. Watching TV, playing video games, using the computer and even school work can sometimes prolong the symptoms and should be avoided until they have been properly evaluated by your Licensed Athletic Trainer or a Physician. If you have concerns about your child and school do not hesitate to contact their teachers, counselors and administration.

Zurich Consensus Statement, 2009

**My child is feeling better, when can they return to activity?**

Now that your child has returned to full time school work and is not suffering any symptoms from their concussion we can start the return to play progression. These guidelines are the result of the latest international medical conference on concussions in sport that was held in Zurich in 2008. There are many grading scales and return to play recommendations, but this is the most current and up-to-date information available. Every child and concussion is different and unique and will need to follow their own return to play protocol. These guidelines are a minimum standard that should be followed. The longer your child suffered symptoms the more time there should be between each step. In accordance with RCW 4.24.660 all return to play decision will be made by a licensed health care provider that is trained in the evaluation and management of concussions and not the coach or parent. Your schools' Licensed Athletic Trainer or Physician will be able to help with the return to play decision and progression.

**Steps to Return to Play after a concussion**

**Athletes should not be returned to play the same day of injury. There should be approximately 24 hours (or longer) for each stage and the athlete should return to stage 1 if symptoms recur.**

Zurich Consensus Statement, 2009

Step 1. No activity, complete rest. Once asymptomatic, proceed to step 2	Step 4. Non-contact training drills.
Step 2. Light aerobic exercise such as walking or stationary bike, elliptical, no resistance training.	Step 5. Full contact- If seen by a physician you must have a signed note by the physician to be cleared for full practice
Step 3. Sport specific exercise (e.g., skating in hockey, running in soccer), progressive addition of resistance training at steps 3 or 4.	Step 6. If all steps have been completed symptom free, they are cleared to play in the next contest.

With this stepwise progression, the athlete should continue to proceed to the next level if asymptomatic at the current level. If any post concussion symptoms occur, the patient should drop back to the previous asymptomatic level and try to progress again after being symptom free for at least 24 hours.

Zurich Consensus Statement, 2009

**For further information on return to play you can look at the following websites:**

<http://www.cdc.gov/ConcussionInYouthSports/>  
[http://bjsm.bmj.com/cgi/content/full/43/Suppl\\_1/i76](http://bjsm.bmj.com/cgi/content/full/43/Suppl_1/i76)