

Concussion Information for Athletes and Parents at Gilford High School

I. Recognition of concussion

- A. Concussions may be caused by a direct blow to the head or elsewhere on the body from an “impulsive” force transmitted to the head. You can have a concussion even if you are not knocked out!
- B. If you think you may have a concussion let your coach and/or athletic trainer know right away.

II. Common signs and symptoms of sports-related concussion

Signs (observed by others):	Symptoms (reported by athlete):
Athlete appears dazed or stunned	Headache
Confusion (about assignment, plays, etc.)	Fatigue
Forgets plays	Dizziness, lightheadedness
Unsure about game, score, opponent	Feeling unsteady on feet
Moves clumsily (altered coordination)	Nausea or vomiting
Balance problems	Double vision, blurry vision
Personality change	Sensitive to light or noise
Responds slowly to questions	Feels sluggish
Forgets events prior to trauma	Feels “foggy”
Forgets events after the trauma	Problems concentrating
Loss of consciousness (any duration)	Problems remembering

III. ImPACT computerized testing and return to play information

- A. ImPACT computerized testing is required for all students entering GHS or participating on an athletic team for the first time.
 1. When taking the test, please give your best effort. If you don’t understand something when taking the test, get clarification. Questionable results will require retesting.
 2. If you have a concussion during the season, you will be re-tested to determine when your scores return to baseline.
 3. You will take the re-test no sooner than 72 hours after the injury and during that time you will not be allowed to participate in practices or games.
 4. The school nurse and the athletic trainer will review results from the ImPACT re-test. Those results will then be forwarded to your physician. You will be withheld from all physical activity, which includes not only athletics, but also physical education classes, until you are cleared for return by your physician. Your physician must provide written medical clearance before the athlete is able to return to full school activities. A copy of the written medical clearance must be received by Meg Jenkins before participation is allowed.