



Carl Sandburg Middle School

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www.district75.org

Live the Tiger CODE

Community
Ownership
Discovery
Effort



Committed to Success
Prepared for a future of Possibilities

"Tomorrow belongs to the children"
-Carl Sandburg

Mark R. Pilut, Principal

Michael Sand, Assistant Principal

Dear Parents:

A concussion is a brain injury and all brain injuries are serious. Concussions 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 a concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of a concussion, or if you notice the symptoms or signs of concussion yourself, seek medical treatment right away.

Symptoms may include one or more of the following:

<ul style="list-style-type: none"> -Head aches -Pressure in head -Nausea or vomiting -Neck pain -Balance problems or dizziness -Blurred, double, or fuzzy vision -Sensitivity to light or noise -Feeling sluggish or slowed down -Feeling foggy or groggy -Drowsiness -Change in sleep patterns 	<ul style="list-style-type: none"> -Amnesia -“Don’t feel right” -Fatigue or low energy -Sadness -Nervousness or anxiety -Irritability -More emotional -Confusion -Concentration or memory problems (forgetting game plays) -Repeating the same question/comment
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Signs observed by teammates, parents, and coaches include:

<ul style="list-style-type: none"> -Appears dazed -Vacant facial expressions -Confused about assignment -Forgets plays -Is unsure of game, score, or opponent -Moves clumsily or displays in-coordination -Answers questions slowly 	<ul style="list-style-type: none"> -Shows behavior or personality changes -Cannot recall events prior to hit -Cannot recall events after hit -Seizures or convulsions -Any change in typical behavior or personality -Slurred speech -Loses consciousness
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What can happen if my child keeps playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves young athletes especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are not different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law and District 75 Board Policy 7:305, Carl Sandburg Middle School is required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussioninYouthSports/>

Please sign and return this section to your child's coach.

I have read the concussion information.

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent/Legal Gaurdian Name Printed

Parent/Legal Gaurdian Signature

Date

