

**PLEASE SIGN AND RETURN THIS PAGE TO:
THE ADMISSIONS DEPARTMENT**

**OAKLAND CHRISTIAN SCHOOL
CONCUSSION INFORMATION SHEET**

What can happen if my child continues through the day with a concussion or returns too soon?

Anyone with the signs and symptoms of concussion should be removed from activity immediately. Continuing any activity with signs and symptoms of a concussion leaves the child vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after the concussion occurs, particularly if the individual 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 or even fatal consequences. It is well known that adolescents or teenagers will often under-report symptoms of injuries, including concussions. As a result, education of administrators, teachers, coaches, parents and students is the key for student's safety.

If you think your child has suffered a concussion:

Any student even suspected of suffering a concussion should be removed from activity immediately. No student may return to activity after an apparent concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the student should continue for several hours. All suspected concussions are subject to the return to school/play protocol.

Return Protocol

1. Only an MD or DO may clear the individual to return to school or play.
2. The clearance must be in writing.
3. The clearance may not be on the same date on which the student/athlete was removed from activity.

You should also inform your child's teacher/coach/school office if you think that your child may have a concussion. Remember it is better to miss an activity than to risk further damage. When in doubt, YOU SIT OUT!

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>.

Student Name (Printed)

Student's Grade

Parent or Legal Guardian Name (Printed)

Parent or Legal Guardian (Signature)

Date