



# Frisco ISD Concussion Guidelines and Consent



## What is a Concussion?

A concussion is a type of mild traumatic brain injury (mTBI) caused by direct or indirect force to the head that causes the brain to move quickly back and forth inside the skull. The sudden movement causes the brain cells to shake and stretch, which creates chemical changes in the brain. While concussions are usually not life-threatening, the effects of the injury can be serious. Proper evaluation is necessary to determine the extent of injury and best course of treatment.

## What are the Signs and Symptoms?

Signs that an athlete has sustained a concussion include loss of consciousness, disorientation, confusion, moving slowly or clumsily, and inability to recall events prior to or after the hit. Symptoms of a concussion include, but are not limited to: headache, nausea, dizziness, blurred vision, ringing in the ears, loss of balance, fatigue, mood changes, sensitivity to light and/or noise, poor concentration, and changes in sleep pattern. Some athletes will not experience symptoms until hours or days after the injury and only 10% of all concussive events include loss of consciousness.

## What should be done if a Concussion is suspected?

Any athlete who is suspected of sustaining a concussion will be removed from the athletic practice/game immediately. The athlete will be evaluated by a health care professional trained to assess sport-related concussion. The athlete will not be allowed to return to practice/play until proper medical clearance and Return-to-Learn/Play guidelines have been completed. The permission to return to play will come from a Licensed Physician. Parents should inform their athlete's Coach, Athletic Trainer, or School Nurse if a concussion is suspected.

## What are the risks for playing with a Concussion or Returning to Play too soon?

It is important to recognize when a concussion occurs and remove from play immediately. Research indicates that athletes who continue playing after sustaining a concussion may take nearly twice as long to recover than those who are immediately removed from play. Additionally, athletes who return to athletic participation before completely recovering from an initial concussion have an increased risk of sustaining a second concussion. This re-injury often results from a seemingly insignificant blow or contact and may result in a longer recovery period or more severe injury.

## Concussion Treatment

Concussion treatment continues to evolve. The most recent guidelines regarding the assessment and treatment sports-related concussion include updates regarding the importance of introducing structured physical activity early in the recovery process. While an initial rest period (24-48 hours) is advised, athletes should be encouraged to become gradually and progressively more active in a guided, non-contact manner, as their symptoms allow. Current guidelines continue to emphasize that athletes should not return to play if symptomatic and return to play following a concussion should follow a stepwise process.

Neurocognitive testing, such as ImPACT® (Immediate Post-Concussion Assessment and Cognitive Testing), is a widely used tool utilized to track neurocognitive functioning following a sports-related concussion. Frisco ISD has implemented the ImPACT® baseline program for all Frisco ISD athletes participating in UIL sanctioned sports. FISD athletic trainers and coaches will communicate when your child is required to take the baseline test, which will occur several times throughout their middle and high school athletics career.

## Return-to-Learn and Return-to-Play

Frisco ISD Return-to-Play protocol follows a stepwise process with the athlete meeting the following criteria:

- a. Athlete is symptom free with normal activity, including ability to participate in full days of school with no return of symptoms.
- b. Post-injury ImPACT® scores are within reliable change of baseline test. Any deviation from baseline scores must be documented with reasonable explanation.
- c. Written clearance to begin the RTP progression to activity by a Licensed Physician trained in the evaluation concussion.
- d. Successful completion of stepwise Frisco ISD RTP progression (5 stages) with Athletic Trainer or designated personnel.
- e. Athlete cannot return to full competition until all academic accommodations have been lifted (with the exception of remaining make-up work as long as the athlete is in the process of completing that work).

Athletic Trainer onsite has discretion to withhold full return to competition if he/she suspects any concussion related symptoms remain or that the athlete has not fully recovered. Athletic Trainer on-site always has the option to refer back to the treating provider, Team Physician, or Concussion Oversight Team for further consultation.

**By signing this form, I understand the risks and dangers related with returning to play too soon after a concussion. Furthermore, in the event that my son/daughter is diagnosed with a concussion, I give my consent for my son/daughter to participate in and comply with the Frisco ISD Return-to-Play protocol. The undersigned, being a parent, guardian, or another person with legal authority, grants this permission.**

Athlete Name (Print): \_\_\_\_\_

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

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

Parent/Guardian Name (Print): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

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