

Concussion Requirements (as of 2012)

Wisconsin Concussion Law Act 172 - Statute 118.293

The law requires all youth athletic organizations to educate coaches, athletes and parents on the risks of concussions and head injuries and prohibits participation in a youth activity until the athlete and parent or guardian has returned a signed agreement sheet indicating they have reviewed the concussion and head injury informational materials. The law requires immediate removal of an individual from a youth athletic activity if symptoms indicate a possible concussion has been sustained. A person who has been removed from a youth athletic activity because of a determined or suspected concussion or head injury, may not participate again until he or she is evaluated by a health care provider and receives written clearance from the health care provider to return to the activity.

What this means to you...

At the beginning of **EACH** athletic season, all participating athletes and parents must read the *Concussion ABC's for Parents/Athletes* and sign the *Parent & Athlete Concussion Agreement* form. No person may participate in a youth athletic activity unless the person returns the agreement signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.

Please make sure to submit the *Parent & Athlete Concussion Agreement*, along with your traditional athletic forms, to Mr. Wendt or the head coach before the first practice. Athletes will NOT be allowed to tryout for a sport without this form. PLEASE NOTE – According to the law, this form needs to be filled out for **EACH** sport season, fall, winter and spring.

On back side of this sheet is some information about signs and symptoms of concussions as well as procedures to follow to return athletes to play.

For more information, visit WIAA's Concussion Information website, Concussion Factsheet ABC's for Parents, or Concussion Factsheet ABC's for Athletes.

If you have questions, please contact Mr. Wendt

When In Doubt, Sit Them Out!

Concussion and Head Injury Information

These are some SIGNS of concussion (what others can see in an injured athlete): Dazed or stunned appearance Change in the level of consciousness or awareness Confused about assignment Forgets plays Unsure of score, game, opponent Clumsy Answers more slowly than usual Shows behavior changes Loss of consciousness Asks repetitive questions or memory concerns	These are some of the more common SYMPTOMS of concussion (what an injured athlete feels): Headache Nausea Dizzy or unsteady Sensitive to light or noise Feeling mentally foggy Problems with concentration and memory Confused Slow
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Injured athletes can exhibit many or just a few of the signs and/or symptoms of concussion. However, if a player exhibits any signs or symptoms of concussion, the responsibility is simple: remove them from participation. "When in doubt, sit them out."

It is important to notify a parent or guardian when an athlete is thought to have a concussion. Any athlete with a concussion must be seen by an appropriate healthcare provider before returning to practice (including weight lifting) or competition.

RETURN TO PLAY

Current recommendations are for a stepwise return to play program. In order to resume activity, the athlete must be symptom free and off any pain control or headache medications. The athlete should be carrying a full academic load without any significant accommodations. Finally, the athlete must have clearance from an appropriate healthcare provider.

The program described below is a guideline for returning concussed athletes when they are symptom free. Athletes with multiple concussions and athletes with prolonged symptoms often require a very different return to activity program and should be managed by a physician that has experience in treating concussion.

The following program allows for one step per 24 hours. The program allows for a gradual increase in heart rate/physical exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.

STEP ONE: About 15 minutes of light exercise: stationary biking or jogging

STEP TWO: More strenuous running and sprinting in the gym or field without equipment

STEP THREE: Begin non-contact drills in full uniform. May also resume weight lifting

STEP FOUR: Full practice with contact

STEP FIVE: Full game clearance