



## Delaware Interscholastic Athletic Association Parent/ Player Concussion Information Form

A concussion is a traumatic brain injury that is caused by a forceful blow to the head, neck, or body that results in a transmitted force to the head/brain. The injury occurs at a cellular level resulting in the signs and symptoms observed with a concussion. Because the injury occurs at a cellular level, imaging studies including MRIs and CT scans will not detect a concussion. Signs and symptoms of a concussion usually start immediately after the injury but can start hours or days after the injury. Most concussions occur without loss of consciousness. If there are any concerns that your child may have a concussion, please refrain them from all sports and seek medical attention immediately.

**The athlete may experience one or more of the following symptoms:**

Headaches	Pressure in head	Neck pain	Nausea or vomiting	Dizziness	Blurred vision	Balance problems
Sensitivity to light or noise	Feeling slowed down	Feeling foggy	“Don’t feel right”	Difficulty concentrating	Difficulty remembering	Fatigue or low energy
Confusion	Drowsiness	More emotional	Irritability	Sadness	Nervous or anxious	Changes in sleep

**Parents, teammates, coaches may observe one or more of the following:**

Can’t recall events prior to or after a hit or fall	Appears dazed or stunned	Forgetful of instructions, assignments or position	Forgetful of game, score, or opponent
Answers questions slowly	Loss of consciousness (can be brief)	Mood, behavior, or personality changes	Moves clumsily, off balance

**What can happen if my child keeps on playing with a concussion or returns too soon? What do I do if I think my child has suffered a concussion?**

Athletes showing signs and symptoms concerning for a concussion should be removed from play immediately and be assessed by a qualified healthcare provider. An athlete is at increased risk for more severe concussion symptoms and prolonged recovery if they sustain another head injury prior to recovery from the initial concussion. An athlete playing with a concussion is also at risk for musculoskeletal injuries due to delayed reaction time and balance issues. Athletes may under report concussion symptoms so it is important that observers are watchful during sporting events. As a result, education of administrators, coaches, parents, and students is key for the student-athlete’s safety. Repetitive concussions may increase risk for chronic traumatic encephalopathy and traumatic encephalopathy syndrome but more research is needed to establish a clear association. If you are not sure if your child has a concussion, keep them out from sports until evaluated by a qualified healthcare provider.

**For current and up-to-date information from the CDC on concussions, you can go to:**

<https://www.cdc.gov/heads-up/>

**For a current update of DIAA policies and procedures on concussions, you can go to:**

[https://education.delaware.gov/diaa/health\\_and\\_safety/](https://education.delaware.gov/diaa/health_and_safety/)

**For a free online video on concussions, you can go to:**

<https://nfhslearn.com/courses/concussion-in-sports-2>

**All parents and players must sign the signature portion of the DIAA PPE indicating they have read and understood the above.**

Adapted from the CDC and 6 <sup>th</sup> International Conference on Concussion in Sport, 3/2024
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