

# CONCUSSION INFORMATION

*Battle of Atlanta World Karate Championships*



## *Information & Signature Form for BOA Parents, Athletes & Coaches*

*Part 15 of Article 6 of Chapter 2 of Title 20 of the Official Code of Georgia Annotated, relating to miscellaneous provisions under the "Quality Basic Education Act," so as to enact the "Return to Play Act of 2013"; to require public and private schools which provide youth athletic activities to provide information to parents on the nature and risk of concussion and head injury and to establish concussion management and return to play policies; to require public recreation leagues to provide information to parents on the nature and risk of concussion and head injury; to provide for definitions; to provide for the endorsement of concussion recognition education courses; to provide for limited liability; to provide for related matters; to repeal conflicting laws; and for other purposes.*

## DID YOU KNOW?

- Most concussions occur without a loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

## WHAT IS A CONCUSSION?

A concussion is type of traumatic brain injury caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move quickly back and forth, causing the brain to bounce around and twist within the skull.

The sudden movement of the brain can cause stretching and tearing of brain cells, damaging the cells, and creating chemical changes in the brain.

## HOW CAN I RECOGNIZE A POSSIBLE CONCUSSION?

To help spot a concussion, you should watch for and ask others to report the following two things:

1. A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head.
2. Any concussion signs or symptoms such as a change in the athlete's behavior, thinking, or physical condition.

Signs and symptoms of concussions generally show up after the injury. But the full effect of the injury may not be noticeable at first. For example, in the first few minutes the athlete might be slightly confused or appear a little bit dazed, but an hour later he or she cannot recall coming to the match or tournament.

You should repeatedly check for signs of concussion and also tell parents what to watch out for at home. Any worsening of concussion signs or symptoms indicates a medical emergency.

## WHAT ARE THE SIGNS & SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion listed below after a bump, blow, or jolt to the head or body, he/she should be kept out of participation the day of the injury and until a health care provider\* says he/she is symptom-free and it is okay to return to participation.



## CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. Call 911 or take the athlete to the emergency department right away after a bump, blow, or jolt to the head or body if he/she exhibits any of the following danger signs:

- One pupil larger than the other.
- Convulsions or seizures.
- Is drowsy or cannot be awakened.
- Cannot recognize people or places.
- A headache that not only does not diminish but gets worse.
- Becomes increasingly confused, restless, or agitated.
- Weakness, numbness, or decreased coordination.
- Has unusual behavior.
- Repeated nausea or vomiting.
- Loses consciousness (even a brief loss of consciousness should be taken seriously).
- Slurred speech

## SIGNS OBSERVED BY PARENT

- Appears dazed or stunned.
- Is confused about performance or opponent.
- Is unsure of match, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness, even briefly.
- Shows mood, behavior, or personality changes.
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall.

## SYMPTOMS REPORTED BY ATHLETES

- Headache or "pressure" in head.
- Nausea or vomiting.
- Double or blurry vision.
- Sensitivity to light.
- Sensitivity to noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Concentration or memory problems.
- Confusion.
- Just not "feeling right" or "feeling down."

*“Even a brief loss of consciousness should be taken seriously.”*

## WHY SHOULD AN ATHLETE REPORT HIS/HER SYMPTOMS?

Most athletes with a concussion will recover quickly and fully. But for some athletes, signs and symptoms of concussion can last for days, weeks, or longer.

If an athlete has a concussion, his or her brain needs time to heal. A repeat concussion that occurs before the brain recovers from the first – usually within a short period (hours, days, weeks) – can slow recovery or increase the chances for long-term problems. In rare cases, repeat concussion can result in brain swelling or permanent brain damage. *It can even be fatal.*



## PREVENTION & PREPARATION

Insist that safety comes first. To help minimize the risk of concussion or other serious brain injuries:

- Ensure athletes follow the rules for safety and the rules for the support including required safety equipment.
- Encourage them to practice good sportsmanship at all times.
- Wearing head gear is a must to reduce the risk of severe brain injury & skull fracture. However, head gear is not designed to prevent concussion. There is no "concussion-proof" head gear.

Check with your sanctioning organization, school, or state about concussion policies.

## WHAT SHOULD I DO WHEN A CONCUSSION IS SUSPECTED?

If you suspect that an athlete has a concussion, remove the athlete from participation and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of participation the day of the injury and until a health care provider\* says he/she is symptom free and it is okay to return to participation.

### STEP 1 - REMOVE ATHLETE FROM PLAY

Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt – SIT THEM OUT!

At Battle of Atlanta, the MEDIC has the final say as to whether an athlete can continue or not.

### STEP 2 - TALK TO THE MEDIC

Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods they can use to assess the severity of concussions. As a parent or coach, gathering the following information can help health care professionals in assessing the athlete after the injury:

- Cause of injury and force of the hit or blow to the head or body.
- Any loss of consciousness (passed out/knocked out) and if so, for how long.
- Any memory loss immediately following the injury.
- Any seizures immediately following the injury.
- Number of previous concussions (if any).

### STEP 3 - KEEP ATHLETE OUT OF PLAY

An athlete should be removed from competition the day of the injury and until an appropriate health care provider\* says he/she is symptom-free and it is okay to return to participation. After an athlete with a suspected concussion is removed from practice or play, the decision about returning to practice or play is a medical decision.

### STEP 4 - PROPER REST

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration such as studying, working on the computer, looking at your phone, or playing video games may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports or other activities or school is a gradual process that should be carefully managed and monitored by a health care professional.

\*Health care provider means a Georgia licensed medical doctor, osteopathic physician, or a clinical neuropsychologist with concussion training.

# THE **BATTLE OF ATLANTA**



Initials      After reading the information sheet, I am aware of the following information:

<input type="checkbox"/>	A concussion is a brain injury which should be reported to my parents, my coach/instructor, or a medical professional if one is available.
<input type="checkbox"/>	A concussion cannot be “seen.” Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.
<input type="checkbox"/>	I will tell my parents, coach/instructor, and/or a medical professional about my injuries and illnesses.
<input type="checkbox"/>	I will not return to competition if a hit to my head or body causes any concussion-related symptoms
<input type="checkbox"/>	I/my child will need written permission from a health-care provider* to return to match or tournament competition after a concussion.
<input type="checkbox"/>	After a bump, blow, or jolt to the head or body an athlete should receive immediate medical attention if there are any danger signs such as loss of consciousness, repeated vomiting, or a headache that gets worse.
<input type="checkbox"/>	After a concussion, the brain needs time to heal. I understand that I am (my child is) more likely to have another concussion or more serious brain injury if return to match or tournament competition occurs before the concussion symptoms go away.
<input type="checkbox"/>	Sometimes repeat concussions can cause serious and long-lasting problems and even death.
<input type="checkbox"/>	I have read the concussion symptoms on the Concussion Fact Sheet.

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**REFERENCES**

1. Tennessee Secondary School Association. Concussion Information and Signature Form for Coaches. 2014.
2. Lovell MR, Collins MW, Iverson GL, Johnston KM, Bradley JP, Grade 1 or “ding” concussions in high school athletes. *The American Journal of Sports Medicine* 2004; 32(1): 47 – 54.
3. Institute of Medicine (US). *Is soccer bad for children’s heads? Summary of the 10M Workshop on Neuropsychological Consequences of Head Impact in Youth Soccer.* Washington (DC): National Academies Press, 2002.
4. Centers for Disease Control and Prevention. *Sports-related recurrent brain injuries – United States.* *Morbidity and Mortality Weekly Report.* 1997; 46(10): 224-27. Available at: [www.cdc.gov/mmwr/preview/mmwrhtml/00046702.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/00046702.htm)