

**FREMONT COUNTY SCHOOL DISTRICT #1**  
**Concussion/Head Injury Information & Procedures**

Student \_\_\_\_\_ Grade \_\_\_\_\_ Date \_\_\_\_\_

**What is a Concussion?**

A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness ("knocked-out") to suffer a concussion.

**Concussion Facts:**

- Concussions occur most frequently in football, but girls' soccer, wrestling and girls' basketball follow closely behind. All athletes are at risk.
  
- Athletes should not return to sports while still having symptoms from a concussion as they are at risk for prolonging symptoms and further injury.
  
- A concussion may cause multiple symptoms and may last a few days to several days. Symptoms may include:
  - Headache or "pressure in head"
  - Balance problems or dizziness
  - Bothered by light or noise
  - Difficulty paying attention
  - Confusion
  - Double or blurry vision
  - Feeling sluggish, hazy or groggy
  - Memory problems

***Fremont County School District #1 recognizes the potential immediate as well as long-term danger concussions can have to our student athletes. Therefore, the Board of Trustees has adopted the following policy:***

1. **Training of coaches** and athletic trainers to facilitate the recognition of signs of concussions.
  
2. **A coach or athletic trainer shall immediately remove a student athlete suspected of having a head injury or concussion from the school athletic event** and shall not allow the athlete to continue participation in a school athletic event on the same day that the student athlete meets one or both of the following criteria:
  - A. **Exhibits physical or cognitive signs or symptoms consistent with a concussion** or other head injury after a coach, athletic trainer, school official, or student athlete reports, observes, or suspects that the student athlete exhibiting these signs or symptoms has sustained a concussion or other head injury, and the signs and symptoms cannot be readily explained by a condition other than concussion; or has been suspected by an athletic coach, trainer or health care provider of having a concussion or other head injury.
  
  - B. If a student athlete is removed from a school athletic event pursuant to Section (A), the coach or athletic trainer shall make reasonable efforts to

notify the athlete's parent or legal guardian that the student is suspected of having sustained a concussion or other head injury.

- C. If a student athlete is removed from a school athletic event pursuant to Section 2(A), the coach or athletic trainer shall **not permit the student athlete to return to the athletic event or to participate in any youth athletic activity involving physical exertion until the student athlete has been evaluated by a health care provider and receives written clearance** from the health care provider to return to participation in the youth athletic activity.
- D. **Any student athlete who loses consciousness during an event, whether related to a head injury or not, shall not be allowed to participate for the remainder of that day** and, in order to return to practice or play in the future, the student must have medical clearance by a practitioner licensed by the State Board of Medicine. (WHSAA Rule 2.4.5)

We understand and acknowledge the FCSD #1 policy and action plan addressing concussions described above.

\_\_\_\_\_  
Student

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Date



Each school year, student athletes will be required to complete a baseline concussion test prior to participating in their chosen sport. Instructions for accessing the baseline test are as follows:

**ENTER** THE LINK BELOW INTO YOUR BROWSER:

[www.impacttestonline.com/testing](http://www.impacttestonline.com/testing)

**ENTER** the following as Customer ID Code: **0054C05F3F**

**FOLLOW DIRECTIONS** and **PRINT OFF THE CONFIRMATION AT THE END OF THE TEST!!** Return the CONFIRMATION to Mr. Doug Hughes, Activities Director, or the LVHS Front Office.