



Concussions: A Fact Sheet for Parents and Athletes



KNOW THE **A B C S** OF CONCUSSIONS

Assess the situation **B**e alert for symptoms **C**ontact a medical professional

What should you do if you suspect that you, or a teammate, have a concussion?

If you think you or a teammate may have a concussion, it is important to tell someone. Tell your coach or parents. Never ignore a bump or blow to the head even if you feel fine. If you experience symptoms of a concussion, you should immediately remove yourself from practice or play. Tell your coach right away. Get evaluated by a health care provider. A health care provider experienced in evaluating for concussions can determine if you have a concussion, help guide management and safe return to normal activities, including school (concentration and learning) and physical activity. If you have been removed from a youth athletic activity because of a suspected or confirmed concussion, you may not participate again until evaluated by a health care provider and receive written clearance to return to activity. You must provide this written clearance to your coach.

Other people you can tell at LSR activities if your parent is not available: HM judges, instructors and chaperones. It is important that a responsible ADULT is informed of the situation.

What is a Concussion?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games
- Can happen even if you haven't lost consciousness
- Can be serious even if you've just been "dinged"

What are the symptoms of a concussion?

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light, noise, or both
- Feeling sluggish, hazy, foggy or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel just right"

Why should you tell someone about your symptoms?

1. Your chances of sustaining a life alerting injury are greatly increased if you aren't fully recovered from a concussion
2. Practicing/playing with concussion symptoms can prolong your recovery.
3. Practicing/playing with a concussion can increase your chances of getting another concussion
4. Telling someone could save your life or the life of a teammate.

CONCUSSION: A fact Sheet for Parents and Athletes

What should I do if my child has a concussion?

Seek medical attention. A health care provider experienced in evaluating for concussions can direct concussion management and review when it is safe for your child to return to normal activities, including school (concentration and learning activities) and physical activity. If your child or teen has been removed from a youth athletic activity because of a suspected concussion or head injury, they may not participate again until he/she is evaluated by a health care provider and receives written clearance to participate in the activity from the health care provider.

Help them take time to get better. If your child or teen has a concussion, her or his brain needs time to heal. Your child or teen should limit activities while he/she is recovering from a concussion. Exercising or doing activities that involve a lot of concentration, such as studying, using a computer, texting, or playing video games may worsen or prolong concussion symptoms (such as headache or tiredness). Rest will help your child recover more quickly. Your child may become upset that he/she cannot participate in activities.

Together with your child or teen, learn more about concussions. Talk about the potential long-term effects of concussion and the problems caused by returning to daily activities too quickly (especially physical activity and learning/concentration).

How can I help my child return safely after a concussion?

Help your child or teen get needed support when returning to school after a concussion. Talk with your child's school administrators, teachers, school nurse, coach, and counselor about your child's concussion and symptoms. Your child may feel frustrated, sad, and even angry because s/he cannot keep up with school work and learn as well after a concussion. Your child may also feel isolated from peers and social networks. Talk often with your child about these issues and offer your support and encouragement. As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed,
- Spend fewer hours at school,
- Be given more time to take tests or complete assignments,
- Receive help with schoolwork, and/or
- Reduce time spent reading, writing, or on the computer.

To learn more go www.cdc.gov/Concussions or call 1-800-CDC-INFO
(1-800-232-4636)

Date of enactment: **April 2, 2012**

2011 Assembly Bill 259 Date of publication*: **April 16, 2012**

* Section 991.11, WISCONSIN STATUTES 2009-10 : Effective date of acts. "Every act and every portion of an act enacted by the legislature over the governor's partial veto which does not expressly prescribe the time when it takes effect shall take effect on the day after its date of publication as designated" by the secretary of state [the date of publication may not be more than 10 working days after the date of enactment].

2011 WISCONSIN ACT 172

AN ACT *to amend* 119.04 (1); and *to create* 118.293 of the statutes; **relating to:** concussions and other head injuries sustained in youth athletic activities.

The people of the state of Wisconsin, represented in senate and assembly, do enact as follows:

SECTION 1. 118.293 of the statutes is created to read:

118.293 Concussion and head injury. (1) In this section:

(a) "Credential" means a license or certificate of certification issued by this state.

(am) "Health care provider" means a person to whom all of the following apply:

1. He or she holds a credential that authorizes the person to provide health care.

2. He or she is trained and has experience in evaluating and managing pediatric concussions and head injuries.

3. He or she is practicing within the scope of his or her credential.

(c) "Youth athletic activity" means an organized athletic activity in which the participants, a majority of whom are under 19 years of age, are engaged in an athletic game or competition against another team, club, or entity, or in practice or preparation for an organized athletic game or competition against another team, club, or entity. "Youth athletic activity" does not include a college or university activity or an activity that is incidental to a nonathletic program.

(2) In consultation with the Wisconsin Interscholastic Athletic Association, the department shall develop guidelines and other information for the purpose of educating athletic coaches and pupil athletes and their parents or guardians about the nature and risk of concussion and head injury in youth athletic activities.

(3) At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.

(4) (a) An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.

(b) A person who has been removed from a youth athletic activity under par. (a) may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider.

(5) (a) Any athletic coach, official involved in an athletic activity, or volunteer who fails to remove a person from a youth athletic activity under sub. (4) (a) is immune from civil liability for any injury resulting from that omission unless it constitutes gross negligence or willful or wanton misconduct.

(b) Any volunteer who authorizes a person to participate in a youth athletic activity under sub. (4) (b) is immune from civil liability for any injury resulting from that act unless the act constitutes gross negligence or willful or wanton misconduct.

(6) This section does not create any liability for, or a cause of action against, any person.

SECTION 2. 119.04 (1) of the statutes, as affected by [2011 Wisconsin Acts 10](#) and [32](#), is amended to read:

119.04 (1) Subchapters IV, V and VII of ch. 115, ch. 121 and ss. 66.0235 (3) (c), 66.0603 (1m) to (3), 115.01 (1) and (2), 115.28, 115.31, 115.33, 115.34, 115.343, 115.345, 115.365 (3), 115.38 (2), 115.445, 118.001 to 118.04, 118.045, 118.06, 118.07, 118.075, 118.076, 118.10, 118.12, 118.125 to 118.14, 118.145 (4), 118.15, 118.153, 118.16, 118.162, 118.163, 118.164, 118.18, 118.19, 118.20, 118.223, 118.225, 118.24 (1), (2) (c) to (f), (6), (8), and (10), 118.245, 118.255, 118.258, 118.291, [118.293](#), 118.30 to 118.43, 118.46, 118.51, 118.52, 118.55, 120.12 (4m), (5), and (15) to (27), 120.125, 120.13 (1), (2) (b) to (g), (3), (14), (17) to (19), (26), (34), (35), (37), (37m), and (38), 120.14, 120.21 (3), and 120.25 are applicable to a 1st class city school district and board.

Concussions: What Must Be Done And Why

The Wisconsin Legislature passed a law that went into effect on April 17, 2012 regarding concussions in youth athletic activities and defines a youth athletic activity "as an organized athletic activity in which the participants, a majority of whom are under 19 years of age, are engaged in an athletic game or competition against another team, club, or entity, or in practice or preparation for an organized athletic game or competition against another team, club, or entity." Youth athletic activity" does not include a college or university activity or an activity that is incidental to a nonathletic program."

Under the Law, everyone who is participating in Lake Shore Region Pony Club events where they are handling horses must be trained and participants must sign a statement that they were trained. If those participants are under the age of 19, a parent or guardian must also sign a statement that states they were trained.

The law requires immediate removal of an individual from a youth athletic activity if symptoms indicate a possible concussion has been sustained. An individual, 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.

The Wisconsin Interscholastic Athletic Association (WIAA) was instrumental in getting this law enacted. Because of their involvement, the law states the Department of Public Instruction in consultation with the WIAA shall develop guidelines and other materials for the purpose of educating athletic coaches and pupil athletes and their parents or guardians about the nature and risk of concussion and head injury in youth athletic activities. The WIAA has developed several items for the purpose of educating everyone on concussions and head injuries and their web site has all of these materials, including videos.

In addition to the concussion information provided by LSR and USPC we encourage everyone to visit the WIAA web site, www.wiaawi.org, to view extensive educational materials on concussions and head injuries in youth athletic activities. Also, more information is available from the U.S. Department of Health and Human Services Centers for Disease Control and Prevention (CDC). The web site is www.cdc.gov/concussions.

The law also requires this training be done at the beginning of "each" season. So no matter who was trained this season, anyone participating, coaching and all parents, must be trained again next season and every season hereafter.



Lake Shore Region Parent and Athlete Agreement

As a Parent and as an Athlete it is important to recognize the signs, symptoms, and behaviors of concussions. By signing this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury.

Note: If your child athlete is under the age of 19, you **MUST** sign this agreement before your child will be allowed to participate in any Lake Shore Region or local pony club horse handling and riding activities.

Parent Agreement:

I have read the Parent/Athlete Concussion Fact Sheet and understand what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected.

I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me.

I understand that my child cannot return to practice or play until providing written clearance from an appropriate health care provider to his/her coach or DC.

I understand the possible consequences of my child returning to practice or play too soon.

Parent/Guardian

Signature: _____ Date: _____

Print Name: _____

Athlete Agreement:

I have read the Parent/Athlete Concussion Fact Sheet and understand what a concussion is and how it may be caused.

I understand the importance of reporting a suspected concussion to my coaches/DC and my parents/guardian.

I understand that I must be removed from practice or play if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach/DC before returning to practice or play.

I understand the possible consequence of returning to practice or play too soon and that my brain needs time to heal.

Athlete

Signature: _____ Date: _____

Print Name: _____