

CONCUSSION AWARENESS

EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and/or the Concussion Fact Sheet for Students provided by the Lutheran High School Association – Lutheran High School North.

Participant Name Printed

Participant Name Signature

Date

Parent or Guardian Name Printed

Parent or Guardian Name Signature

Date

Return this signed form to the sponsoring organization that must keep on file for the duration of participation or age 18.

Participants and parents please review and keep the educational materials available for future reference.

Student Accident Insurance Form

I acknowledge that I have been informed that the LHSA does not provide any type of health or accident insurance for injuries incurred by my child(ren) at school. The LHSA has made a student accident insurance plan available at my cost.

Parent/Guardian Signature: _____

Parent/Guardian Name Printed: _____

Student(s) Name(s): _____

School: _____

Date: _____

Please note: No student will be able to participate in any school sponsored athletic activity (including summer camps and weight training) or begin school until a parent/guardian has filled out and submitted this form to the school.

Dear Parents:

We wish to emphasize that the Lutheran High School Association (LHSA) does not provide any type of health or accident insurance for injuries incurred by your child at school. As a service to students and their families, the LHSA is making available a student accident insurance plan for your child at a nominal cost.

The premium for this policy is minimal per year for school-time coverage. All school-sponsored and supervised activities and time spent in school are covered in accordance with the terms and limitations of the policy. For an increased premium, the policy will cover your child 24-hours a day, 12 months a year, rather than only during school-time. For students in grades 9-12 there are additional options available to cover interscholastic football.

Benefits, rates, brochures, and applications are available at www.1stagency.com.

REASONS TO PURCHASE THIS COVERAGE:

- ◆ Deductibles and co-pays in your current health plan. Many health plans have increased the amount of out-of-pocket expenses.
- ◆ No primary insurance.

This plan will provide benefits for medical expenses incurred because of an accident. If you have other insurance, benefits can be applied to your deductible or co-pays. If you have no other insurance this plan will become your primary accident plan.

The plan is underwritten by the Guarantee Trust Life Insurance Company. The agent is First Agency, Inc., at 5071 West H Avenue, Kalamazoo, Michigan 49009-8501.

To purchase coverage on-line go to www.1stagency.com/voluntaryaccidentcoverage.htm and then follow directions by choosing STATE and SCHOOL DISTRICT. VISA and MasterCard are accepted. Once there you can obtain a complete brochure outlining benefits and exclusions, print an ID card or obtain claim forms.

We are pleased to make this student accident insurance plan available. If you have any questions, you can contact First Agency at 269.381.6630.

Sincerely,

The LHSA Business Office

Educational Material for Parents and Students (Content Meets MDCH Requirements)

Sources: Michigan Department of Community Health, CDC and the National Operating Committee on Standards for Athletic Equipment (NOCSAE)

UNDERSTANDING CONCUSSION

Some Common Symptoms

Headache	Balance	Sensitive to Noise	Poor	Not "Feeling
Pressure in the Head	Problems	Sluggishness	Concentration	Right"
Nausea/Vomiting	Double Vision	Haziness	Memory	Feeling Irritable
Dizziness	Blurry Vision	Fogginess	Problems	Slow Reaction
	Sensitive to Light	Grogginess	Confusion	Time
			"Feeling Down"	Sleep Problems

WHAT IS A CONCUSSION?

A **concussion is a type of traumatic brain injury** that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or a sudden stopping and starting of the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven't been knocked out.

You can't see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

IF YOU SUSPECT A CONCUSSION:

- 1. SEEK MEDICAL ATTENTION RIGHT AWAY** – A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Don't hide it, report it. Ignoring symptoms and trying to "tough it out" often makes it worse.
- 2. KEEP YOUR STUDENT OUT OF PLAY** – Concussions take time to heal. Don't let the student return to play the day of injury and until a health care professional says it's okay. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.
- 3. TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION** – Schools should know if a student had a previous concussion. A student's school may not know about a concussion received in another sport or activity unless you notify them.

SIGNS OBSERVED BY PARENTS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Can't recall events prior to or after a hit or fall
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

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. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

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

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rests breaks, be given extra help and time, spend less time reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Remember: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

To learn more, go to www.cdc.gov/concussion.

Parents and Students Must Sign and Return the Educational Material Acknowledgement Form

CONCUSSION PROTOCOL POLICY

Our school and the Lutheran High School Association follows MHSAA regulations and guidelines regarding concussion management and education. All athletes and their parents are required to submit a signed concussion acknowledgement/assumption of risk form and agree to study the education materials. All LHN coaches, faculty and staff are trained and certified in concussion identification and response, as well as physical and cognitive rest following a concussion. Student-athletes are educated on the severity, signs and symptoms, and reporting to coaches, faculty and staff witnessed signs and symptoms. Teachers and administrators are educated on the recovery of and the affects of academic performance for the student-athletes following a concussion. These signed forms, by student-athletes and parents, acknowledge:

- Concussions as a potentially serious head injury that can result in brain injury or death
- Participation in their sport may result in a head injury or concussion
- Purposeful head and neck contact in any sport is not permitted
- Helmets, face shields, mouth guards, and other protective equipment do not completely prevent concussions
- They will immediately notify an authority if they suspect a teammate has a concussion
- They will immediately report signs and symptoms of a concussion to an authority and not return to play

The signed forms by coaches, faculty and staff acknowledge:

- That concussion education was provided
- What information was covered in the training
- Their promise to adhere to the institution's concussion policy

The bottom line is that when in doubt concerning a head injury, sit the athlete out.

“Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.” -“MHSAA Protocol for Implementation of NFHS Playing Rules for Concussions”

Only a symptom-free athlete is eligible for athletics. Documentation indicating the date the athlete is symptom free from an appropriate health care professional is the only authorized release to return to limited participation. The MHSAA “Return to Competition Form” is strongly recommended for this documentation. A gradual return-to-play plan should be used for concussed athletes guided by a licensed medical professional. Our school reserves the right to permanently retire athletes from sports.