

## SBRL CONCUSSION INFORMATION

### Definition of Sports Concussion

A concussion (or mild traumatic brain injury MTBI) is a complex pathophysiologic process affecting the brain, induced by trauma (direct or indirect forces to the head). Disturbance of brain function is related to neurometabolic dysfunction, rather than structural injury. Concussion may or may not involve a loss of consciousness (LOC). Concussion results in a constellation of physical, cognitive, emotional, and sleep-related symptoms. Symptoms may last from several minutes to days, weeks, months or even longer in some cases.

### Common Signs & Symptoms

There are four types of concussion symptoms: physical, cognitive, emotional and sleep-related and it is common for a child or young adult with a concussion to have one or many of these symptoms. Symptoms often do not appear immediately, some taking several hours or even a day or two to present. When there has been trauma to the head or the head has been shaken due to trauma to the body, and any sign or symptom is witnessed, the athlete should rest and not return to participation until evaluated by a physician.

#### Physical

Headache, Nausea/Vomiting, Dizziness, Balance Problems, Visual Problems, Fatigue/Feeling Tired, Sensitivity to light or noise, Numbness/Tingling.

#### Cognitive

Feeling mentally foggy, Feeling slowed down, Difficulty remembering/concentrating

#### Emotional

Irritability, Sadness, More Emotional, Nervousness

#### Sleep

Drowsiness, Sleeping less than usual, Sleeping more than usual, Trouble falling asleep

It is essential that the injured brain has time to heal before being subject to additional trauma. **QUALITY REST**, both Cognitive **AND** Physical, following a concussion will help shorten overall recovery time. Your doctor should assess you and develop a progressive return to play protocol to achieve the most efficient and safe return to sports. It is crucial to adhere to the recommendations of your doctor regarding rest as the brain is recovering, including participation in any sports activities.

### When is a visit to the emergency department necessary?

In very rare cases, head injury can result in structural damage to the skull or brain that would require immediate and emergent intervention. Loss of consciousness, or symptoms worsening quickly over time would necessitate referral to the emergency department.

Please refer to the FCPS website for more detailed information:

[http://www.fcps.edu/supt/activities/atp/health/concussion/con\\_man\\_prot.shtml](http://www.fcps.edu/supt/activities/atp/health/concussion/con_man_prot.shtml)

I have read the concussion information provided by Springfield Babe Ruth League (SBRL) and agree that I will seek medical attention in the event that I develop any of the fore-mentioned symptoms following an injury. I understand that I will need a note from my physician stating that it is safe for me to return to play before SBRL can permit me to participate in practices/games.

Signature of player: \_\_\_\_\_

Signature of parent/ legal guardian: \_\_\_\_\_