



NORTHERN ILLINOIS FC CONCUSSION POLICY

A concussion is a brain injury. It is caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. A concussion can range from mild to severe and disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. Even a “ding” or a bump on the head can be serious. You can’t see a concussion and most concussions occur without loss of consciousness. Signs and symptoms of a concussion may appear right after the injury or take hours or days to fully appear. If your child reports any symptoms of a concussion, or if you notice the symptoms or signs of a concussion, seek medical attention right away.

Symptoms Reported by Student-Athlete

Headache
Balance problems or dizziness/nausea
Confusion
Blurred, double, or fuzzy vision
Sensitivity to light or noise
Fogginess or grogginess
Drowsiness or sluggishness
Concentration or memory problems

Signs observed by others:

Loss of consciousness
Appears dazed, vacant facial expression
Seizures or convulsions
Unsure of game, score, or opponent
Clumsiness
Slowly responds to questions
Slurred speech
Behavior or personality changes

What can happen if my child keeps on playing with a concussion or returns too soon?

A student-athlete with the signs/symptoms of a concussion should be removed from play immediately. Continuing to play with the signs/symptoms of a concussion leaves the student-athlete vulnerable to greater injury. There is an increased risk of significant damage from a concussion before completely recovering from the first one. This can lead to prolonged recovery, or to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. Student-athletes sometimes fail to report injury symptoms. Concussions are no different. Education of administrators, coaches, parents and students is the key to the safety of student-athletes.

Return to Play (RTP) Policy

Any student-athlete suspected of suffering a concussion should immediately be removed from play. No student-athlete may return to play after a concussion without medical clearance, regardless of how mild it seems or how quickly symptoms clear. The player cannot return or participate in practice or games until the club is provided with written clearance from medical professionals.

Inform the coach if you think your child may have a concussion. It is better to miss one game than to miss the whole season. “When in doubt, the student-athlete sits out.”

For information on concussions, please visit our website and view our concussion overview document.

Your signature, below, indicates that you have read the information above and are aware of the club’s concussion policy. Both signatures are required before the student-athlete will be permitted to participate in any NIFC athletic activity.

Name of Athlete (Printed): _____ Signature: _____ Date: _____

Name of Parent (Printed): _____ Signature: _____ Date: _____