



## CONCUSSION INFORMATION

The athletic trainer has diagnosed your child with a concussion today. Although concussion symptoms may resolve quickly, this does not mean a concussion did not occur. At Rugby Oregon, we err on the side of caution with head injuries. As such, if the athletic trainer has diagnosed your child with a concussion, Rugby Oregon will uphold that diagnosis and follow concussion protocol.

Upon diagnosis by the athletic trainer, your child is immediately entered into Rugby Oregon's concussion protocol. The first step in this process is a mandatory two week rest period from rugby activity. Aside from this rest from rugby, your child's rest period will be unique to him/her. We encourage extra rest and restricted screen time to help the healing process. The upcoming email you receive will provide links to forms for academic and physical education accommodations, if they are needed.

**What is a concussion?** A concussion is a brain injury. Concussions are caused by a bump, blow or jolt to the head or body but may also occur with whiplash or when the head strikes the ground. This trauma causes the brain to not function normally for a period of time. It is important to note that only 5-10% of people with concussions are knocked unconscious. The past decade has seen a revolution in the management of sports-related concussion. What was once considered a relatively benign condition is now recognized as an injury with the potential for permanent complications. Having one's "bell rung" or being "dinged" has far more serious consequences than were previously suspected.

### It is OK to:

Use acetaminophen (Tylenol) for headaches  
Use ice pack on head and neck as needed for comfort  
  
Eat a light balanced diet and drink plenty of water  
Rest and go to sleep  
Return to school (when tolerating 30 min. of mental exertion)  
Gradually return to normal daily activities as they begin to feel better

### There is NO need to:

Check eyes with flashlight  
Wake up every hour  
Test reflexes  
Stay in bed

### Do NOT:

Participate in activities that increase symptoms such as: TV, computer screens, video games, text messaging, reading, loud music, and homework. Everyone is different but if it increases symptoms it should be avoided.  
Leave athlete alone without a responsible adult present  
Take other medications especially aspirin, Advil/Motrin/ibuprofen, Aleve/Naproxen, or other anti-inflammatories  
Consume large amounts of sugar  
Drink caffeine or other stimulants or alcohol  
Drive until medically cleared

Each concussion is unique and may cause multiple symptoms. Some symptoms will appear immediately, while others may develop over the following days or weeks. Symptoms may be subtle and are often difficult to fully recognize.

**Signs to watch for over the first 24-48 hours.** The athlete should not be left alone and must go to a hospital at once if they experience:

- Worsening headache
- Drowsiness or inability to be awakened
- Inability to recognize people or places
- Repeated vomiting
- Unusual behaviour or confusion or irritable
- Seizures (arms and legs jerk uncontrollably)
- Weakness or numbness in arms or legs
- Unsteadiness on their feet
- Slurred speech