

PARENT INFORMATION WHEN A CONCUSSION IS SUSPECTED

According to the Centers for Disease Control, the American Academy of Neurology and the American Brain Injury Association, **a concussion is a mild traumatic brain injury: a disruption in normal brain function due to a blow or jolt to the head.** A concussion may cause altered mental status that may or may not involve loss of consciousness, along with other symptoms that may include headache; neck pain; balance problems or dizziness; nausea; vision/hearing problems; difficulty concentration, and /or recalling information; confusion; drowsiness; and exaggerated emotional responses (e.g. anger, irritability, crying, silliness) **Symptoms may be immediate or may develop over minutes and even weeks.** If not managed correctly, concussions can lead to serious, long-term and sometime life-threatening complications.

The Monticello Central School District has a policy and procedure in place to manage incidents of suspected concussion. As a parent, it is important that you are aware of the following:

- All students suspected of having a concussion will be removed from physical activity until evaluated by a healthcare provider (including varsity/JV sports, PE class, Dance class)
- The School Nurse will provide you with a form to be completed by your healthcare provider
- Students may need temporary accommodations for academic work in and out of school
- When a student sustains a head injury and later receives clearance from his/her healthcare provider, he/she may begin the "Return to Play Protocol". This is a gradual return to full activity that will take **at least** 6 days to complete.
- After completing phase 5 of the RTP form, the student **must** make an appointment with Dr. Gill, Chief School Physician (at the school district's expense) for final clearance to return to full activity without restrictions.
- The Athletic Director will sign the completed RTP form indicating that the student may participate fully in all physical activities at school.