

# Carlsbad Municipal Schools

## NMAA Concussion Fact Sheet for Athletes and Parents

### WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

### WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Observed by the Athlete	Observed by the Parent / Guardian
. Headache or “pressure” in head	. Is confused about assignment or position
. Nausea or vomiting	. Forgets an instruction
. Balance problems or dizziness	. Is unsure of game, score, or opponent
. Double or blurry vision	. Moves clumsily
. Bothered by light	. Answers questions slowly
. Bothered by noise	. Loses consciousness (even briefly)
. Feeling sluggish, hazy, foggy, or groggy	. Shows behavior or personality changes
. Difficulty paying attention	. Can’t recall events after hit or fall
. Memory problems	. Appears dazed or stunned
. Confusion	
. Does not “feel right”	

### WHAT TO DO IF SIGNS/SYMPTOMS OF A CONCUSSION ARE PRESENT

Athlete	Parent / Guardian
. TELL YOUR COACH IMMEDIATELY!	. Seek Medical Attention
. Inform Parents	. Keep Your Child Out of Play
. Seek Medical Attention	. Discuss Plan to Return with the Coach
. Give Yourself Time to Recover	

It’s better to miss one game than the whole season. Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

### RETURN TO PLAY GUIDELINES UNDER THE SB137

1. Remove immediately from activity when signs/symptoms are present.
2. Must not return to full activity prior to a minimum of 240 hours (10 days).
3. Release from medical professional required for return. Only acceptable from:
  - Medical Doctor (MD)
  - Nurse Practitioner (NP)
  - Doctor of Osteopathy
  - Certified Athletic Trainer (ATC)
  - Physician Assistant (PA)
  - Physical Therapist (PT)
4. Follow school district’s return to play guidelines.
5. Coaches continue to monitor for signs/symptoms once athletes return to activity.  
*Students need cognitive rest from the classroom, texting, cell phones, etc.*

## REFERENCES ON SENATE BILL 137 AND BRAIN INJURIES

Senate Bill 137: <http://www.nmlegis.gov/Sessions/16%20Regular/final/SB0137.pdf>

For more information on brain injuries check the following websites:

<http://www.nfhs.org/resources/sports-medicine>

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

<http://www.stopsportsinjuries.org/concussion.aspx>

<http://www.ncaa.org/health-and-safety/medical-conditions/concussions>

By electronically signing through the online CMS registration process, I acknowledge that I have received and reviewed the attached NMAA's Concussion in Sports Fact Sheet for Athletes and Parents. I also acknowledge and I understand the risks of brain injuries associated with participation in school athletic activity, and I am aware of the State of New Mexico's Senate Bill 137; Concussion Law.

### CMS Return to Sport Post-Concussion Protocol

- Athletes must meet all of the following requirements in order to progress to activity.
  - Asymptomatic at rest and with exertion
  - Have clearance from a healthcare professional
- Once the above criteria are met, the athlete will be progressed back to full activity following a stepwise process (as recommended by NATA and Prague Statement) under the supervision of the athletic trainer.

### Stepwise Progression

1. No Activity (48 hours) – Light Bike/Walk under supervision of healthcare professional
2. (Asymptomatic) - Light Aerobic Activity – bike/elliptical tabata interval
3. Moderate Aerobic Activity - running
4. Non-Contact Sport specific training drills
5. Full Contact Training Drills - practice
6. Game Play

\*There should be approximately 24 hours (or longer) for each stage. If the athlete experiences post-concussion symptoms during any phase, the athlete should return to stage 1 after 24 hours of rest. Resistance training should only be added in the later stages. Medical clearance should be given before return to play, and the athlete must have NO symptoms.

By acknowledging this document, I confirm I have received and reviewed the above NMAA's Concussion in Sports Fact Sheet for Athletes and Parents. I also acknowledge and I understand the risks of brain injuries associated with participation in school athletic activity, and I am aware of the State of the New Mexico's Senate Bill 1; Concussion Law.