



THE WOODHALL SCHOOL  
ACADEMIC YEAR 2017 – 2018  
**CONCUSSION AWARENESS AND PROCEDURES**

**ATHLETICS**

Connecticut law requires us to provide you with important information regarding concussions, particularly sport participation and the risk of concussions. The law was enacted as a means to reduce the number of concussions in children. It requires us to provide parents with written information regarding concussions and the treatment of concussions at The Woodhall School.

We at The Woodhall School also feel strongly that we have a responsibility to educate our students, be they athletes or otherwise, and their parents about the signs and symptoms of mild traumatic brain injuries; otherwise known as concussions. Although concussions can occur on the sports field, they can also occur off the field. Our faculty and coaches are trained to recognize those that may demonstrate concussion-type symptoms. However, many concussions can go unreported, causing permanent effects.

To summarize, concussions are a type of traumatic brain injury (TBI) that occur as the result of a fall, motor vehicle accident, or any other activity that results in an impact to the head or body, including sports. A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially, a concussion results from the brain moving back and forth or twisting rapidly inside the skull. The symptoms of a concussion result from a temporary change in the brain's function. In most cases, the symptoms of a concussion generally resolve over a short period of time; however in some cases symptoms can last for weeks or longer. In a small number of cases, or in cases of re-injury during the recovery phase, permanent brain injury is possible. It is imperative that any student suspected of having sustained a concussion be immediately removed from athletic activity until evaluated and cleared to return to athletic activity by an appropriate medical provider.

Symptoms of a concussion include, but are not necessarily limited to:

- Amnesia (e.g. decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information)
- Confusion or appearing dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulty or dizziness, or clumsy movements
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea, vomiting, and/or loss of appetite
- Irritability, sadness or other changes in personality
- Feeling sluggish, foggy, groggy, or lightheaded
- Concentration or focusing problems
- Slowed reaction times, drowsiness
- Fatigue and/or sleep issues (e.g. sleeping more or less than usual)

In addition, students who develop any of the following signs, or if the previously listed symptoms worsen, must be seen and evaluated immediately at the nearest hospital emergency room:

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbing in arms or legs, facial drooping
- Unsteady gait
- Dilated or pinpoint pupils, or change in pupil size of one eye
- Significant irritability
- Any loss of consciousness
- Suspicion of skull fracture: blood draining from ear, or clear fluid from nose



THE WOODHALL SCHOOL  
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**CONCUSSION AWARENESS AND PROCEDURES  
CONTINUED**

**ATHLETICS**

All coaches, nurses, and faculty at The Woodhall School are trained to recognize the symptoms of a concussion and to seek proper medical treatment for students with such injuries. The Woodhall School's policy, in conformity with Connecticut State law, provides that any student who has suffered a concussion, or who is even suspected of having done so, is immediately removed from athletic activities. They are not permitted to resume athletic activity until they have been evaluated by a medical provider. This provision, and other treatment protocols, will be observed whether or not the injury has occurred at school.

When a concussion has been diagnosed, students will typically require some degree of cognitive and physical rest. At our discretion, we may send students home so as to insure the appropriate level of rest.

When appropriate, students will begin a Return to Play program ("RTP"). This is a progressive exercise program that prepares the student to return to their prior level of activity. The students must remain symptom free at all stages of the program. When symptom-free without medication, usually for a minimum of five days but longer at our discretion, students will be allowed to return to athletic activities; however, as per the new Connecticut law, parents also must consent in writing to their child's return to play.

It is important to note that best evidence suggests that children and adolescents are at increased risk of protracted recovery and severe, potentially permanent disability (e.g. early dementia also known as chronic traumatic encephalopathy), or even death if they sustain another concussion before fully recovering from the first concussion. Therefore, it is imperative that a student be fully recovered before resuming activities that may result in another concussion. Best practice – and The Woodhall School policy – requires that, whenever there is a question of safety, we err on the side of caution and hold the athlete out for more games, the remainder of the season, or even a full year, at our discretion.

To learn more about concussions please go to: [www.concussionwise.com](http://www.concussionwise.com).

By signing this consent and permission form I acknowledge that there are risks inherent in participation in athletics, including the risk of concussion and other serious physical injuries. By signing I also acknowledge that no amount of training, supervision, medical or nursing care, can prevent all such injuries. With this in mind, I give my consent and permission for my child to participate in athletics at The Woodhall School.

By signing I also acknowledge that I have read and understand the above information about concussion. I agree to promptly inform The Woodhall School in the event my child sustains a concussion outside of school so that appropriate steps can be taken with regards to his or her participation in sports at The Woodhall School.

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Print name of Parent/Guardian

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Print name of Parent/Guardian

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Signature of Parent/Guardian

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Signature of Parent/Guardian

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Date

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Date