

COWETA COUNTY HIGH SCHOOLS CONCUSSION TESTING AGREEMENT

A concussion is a traumatic brain injury that frequently involves physical as well as mental signs and symptoms. Individuals will often experience *headache, dizziness, double vision, memory problems, irritability and depression*. 90% of most diagnosed concussions do not involve loss of consciousness. Although a blow to the head usually causes concussions, they can also occur when the head and upper body are violently shaken and the brain is violently rocked back and forth or twisted inside the skull. According to the CDC, the incidence of reported concussions in student-athletes ages 14-19 is up 200 percent since 2002, and an estimated 1 in 5 high school athletes will sustain a concussion during their season. According to the National Athletic Trainer's Association (NATA), "up to 40% of asymptomatic patients have continued cognitive declines" even after no longer reporting concussion-related symptoms. To avoid long-term complications proper management of the injury is the first step. Full recovery can take days, weeks or even months. Premature return to play can lead to potentially serious consequences.

Because imaging tests (i.e. MRI, CT or PET scans) are designed to identify structural damage and concussions are, by definition, functional and neurometabolic damages to the brain, NO current imaging test can diagnose a concussion. Therefore, using a baseline test is a proactive approach in helping to prevent student athletes from returning to play before their brain is completely healed. We use the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT) to get a **baseline** reading on your student-athlete so if/when your he/she sustains a concussion they can be retested to best determine when their brain is fully healed. Once a physician clears your athlete to return to sport he/she will take the **post-injury** test. Once he/she passes the test, they will begin a return to play protocol. Your student-athlete will not be allowed to participate in sports until they have passed the post-injury test and successfully completed the Return-to-Play protocol. Most athletes diagnosed with a concussion can expect to be withheld from competition for no less than 1 week. Return to Play protocol

STAGE	PHYSICAL ACTIVITY
1	No activity
2	Light exercise; <70% age predicted maximal heart rate
3	Sport-specific activities without the threat of contact from others
4	Noncontact training involving others, resistance training
5	Unrestricted training
6	Return to play

*Stages should be separated by at least 24 hours

If you would like more information about concussions, you may go to the following reliable websites:

<https://www.cdc.gov/headsup/index.html>

<https://www.choa.org/concussion>

I give the Coweta County School system, EAST COWETA HIGH SCHOOL, permission to administer an ImPACT Baseline concussion test to _____

Parent / Guardian Signature

Date