

Amherst Middle School Head Injury Assessment Information for Parents and Athletes

Athletic Director Kelli Braley kbraley@sau39.org School Nurse

Your daughter/son has been evaluated for a concussion. The provided information will guide you and your child through their recovery as well as their return to academics and athletics. If you have any further questions, please do not hesitate to reach out to any of us.

Rest is of extreme importance at this time. Your child should be resting from exercise, school work, and it is imperative they **eliminate/severely restrict screen time, including phones, gaming, television**. They should eat a well balanced diet and drink plenty of water.

Once your daughter/son no longer has any symptoms and appears back to normal behavior for at least 24 hours, they can slowly resume regular activities under the care of their support team.

Today, your child exhibited the circled/highlighted symptoms. If these symptoms increase or do not diminish they should be evaluated by their physician or at an urgent care setting. **Please do not give your child pain relieving medication at this time as it may mask any symptoms that may arise.**

Headache	Pressure in Head	Neck Pain
Nausea	Dizziness	Blurred Vision
Balance Problems	Sensitivity to Light	Sensitivity to Noise
Feeling "in a fog"	"Don't feel right"	Difficulty Concentrating
Difficulty Remembering	Fatigue or low energy	Drowsiness
Confusion	More emotional	Irritable

In addition, if they have any of the following, they should be seen immediately at an emergency room or urgent care:

Slurred speech, loss of consciousness, seizures, abnormal behavior, weakness or numbness in the arms or legs, difficulty awakening.

Your child should check in with the nurse first thing in the morning to have another symptom check and again in the afternoon with Coach. Once symptoms have alleviated and the athlete has been free of symptoms for a minimum of 24 hours, return to play/academics may begin.

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Return To Athletics:

There should be a minimum of 24 hours between Steps. If any symptoms arise during a Step or at any time during the 24 hours post exercise, the athlete is to wait 24 hours after symptoms subside and the Step should be repeated. IMPaCT should be given prior to Step 1 and then again after Step 2.

Step 1: Light exercise, including walking or riding an exercise bike. No weightlifting.

- o Walk or Stationary bike at low resistance for 10 minutes

Step 2: Running in the gym or on the field. No helmet or other equipment. Drills with no contact/low impact.

- o Jog/bike 5 minutes
- o 15 jumping jacks 15 lunges 15 sit ups 15 step ups-low 15 push ups
- o Jog/bike 5 minutes
- o Repeat for 20 minutes

Step 3: Non-contact training drills in full equipment. Weight-training can begin.

- o Run/bike with resistance 10 minutes
- o Sports Specific Drills as appropriate
- o 15 jumping jacks 10 dumbbell press 15 sit ups 15 leg press/lunge with dumbbells
- o Run/bike with resistance 10 minutes
- o Repeat for 30 – 45 minutes

Step 4: Full contact practice or training

Step 5: Game play

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Concussion Guidelines for Classroom

In order to promote a fast and full recovery from the brain injury the following guidelines are recommended for the first week or two following the injury.

If the student does not progress well during the first week or two following the injury they may need these guidelines for up to a month or two following the injury. We will re-evaluate and notify you if this is the case.

Please allow the student:

To sit near the front of the class to keep on track and avoid distractions

To go to the nurse if they appear sleepy or in pain (squinting, putting their head down or holding their head)

To refrain from the use of computer screens, TV screens, I Phones, I Pads for the first few days

To have extra time for tests and quizzes and they should be allowed to put them off for a few days when possible (No tests until cleared)***

To take tests and quizzes in a quiet environment

To take short breaks to visit nurse for rest or medication

To refrain from long reading or writing assignments

To refrain from any physical activities that may be conducted during your class

Please contact me if you have any questions or concerns during the school day and I will consult with the Doctor, School Nurse, student or parent as indicated.