

**Gloucester City Jr/Sr High School**  
1300 Market St.  
Gloucester City, NJ 08030  
(856)456-7000

## **Concussion Information Sheet**

### **What is a concussion?**

A concussion is classified as a mild traumatic brain injury. Any blow to the head, neck, jaw, or even chest or back can lead to a concussion. This causes a disruption of normal brain function. During a collision or blow to the upper body, the brain, which is suspended in fluid within the skull, is jostled and is then abruptly decelerated by hitting the inside of the skull (think of the egg yolk being agitated as you shake a raw egg). Not everyone will show the same symptoms (such as loss of consciousness, headaches, and dizziness) following a concussion. In fact, less than 10% of those who suffer a concussion lose consciousness.

### **What are signs and symptoms of a concussion?**

***Signs you may see in the athlete:***

Appears dazed and disoriented  
Moves clumsily  
Is confused  
Answers questions slowly  
Cannot answer questions  
Forgets plays  
Cannot focus  
Does not respond to commands  
Loses consciousness  
Has blood or clear fluid coming from ears or nose  
Is irritable  
Is depressed or anxious  
Shows personality changes

***Symptoms athlete may report:***

Has a headache  
Is nauseous or dizzy  
Cannot maintain balance  
Is tired or fatigued  
Has blurry or double vision  
Has ringing in the ears  
Is sensitive to light or sound  
Forgets things before or after injury  
Cannot concentrate or feels foggy  
Has problems sleeping  
Is feeling depressed or uneasy

Be sure to observe your student-athlete following a possible or confirmed head injury. Any minor changes in his or her behavior, ability to answer questions, or energy level should be noted. Post concussion, students should be encouraged to eat normally (as long as it does not cause increased symptoms such as nausea or vomiting) as the healing brain requires fuel and sleep a full night, as the healing brain also needs the rest. Athletes that have suffered more than one concussion may not experience the same signs or symptoms with each concussion, but these athletes may need to be managed differently than those who suffered their first concussion.

Student athletes are required to follow the NJSIAA Graduated Return-to-play exercise protocol. Please refer to the school's website <http://www.gcsd.k12.nj.us/ghs/> for the district concussion policy and additional information.

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### **Confirmation Concussion Information**

I have received and reviewed the concussion information from Gloucester City Jr/Sr High School. I understand that head injuries are serious injuries and should not be taken lightly.

\_\_\_\_\_/\_\_\_\_\_  
Student-Athlete (Signature)    Date

\_\_\_\_\_/\_\_\_\_\_  
Parent/Guardian (Signature)    Date

\_\_\_\_\_  
Name (printed)

\_\_\_\_\_  
Name (printed)