



SAINT ANN'S SCHOOL

Recreational Arts

Dear Parent/Guardian,

Your son/daughter sustained a head injury today while participating in athletics. Although it was not determined to be serious at the time, any head, face, or jaw injury has the potential to be dangerous. This danger may not appear immediately, and this is why the first 24-72 hours are vital to determine possible severity. The following is offered to help guide you during the time after a head injury to your child. These guidelines are not, and should not be used as, substitutes for competent medical care.

If any of the following symptoms appear, the athlete should be taken to the hospital or family doctor immediately:

- Loss of consciousness (any duration)
- Headache – Increasing and/or in one particular spot
- Nausea or Vomiting
- Straw color or clear fluid drainage from ears or nose
- Fatigue
- Sensitivity to light and/or noise
- Unequal pupil size (loss of reactivity to light)
- Blurred or double vision
- Dizziness
- Poor balance and/or coordination
- Unusual behavior and/or mental confusion
- Responds slowly to questions
- Forgets events prior to injury
- Forgets events after the injury

You should awaken your child every few hours to check for these symptoms and general well-being. It is recommended not to take any medication for the first 72 hours after injury, unless specified by a licensed physician, and then Tylenol is recommended for the treatment of headache for concussions. Athletes suspected of sustaining a concussion **WILL NOT** be able to return to play until:

1. They are cleared by a licensed physician who specializes in concussion management, **AND**
2. They are asymptomatic for 24 hours, **AND**
3. They have an ImPACT post injury assessment that is within the normal limits of their ImPACT baseline assessment, **AND**
4. They complete the NY State Concussion Law return to play protocol under the supervision of the Saint Ann's Schools ATC*

*See student-parent concussion information on Saint Ann's Recreational Arts web page:
<http://saintannsny.org/departments/recreational-arts/departments-links>