



## CENTRAL PUBLIC SCHOOLS

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Superintendent – Larry G. Henson

High School Principal – John Speir

Elem Principal – Beverly Cawhorn

Athletic Director – Brooks Cawhorn Jr.

### Student-Athlete Concussion/Head Injury Fact

What is a concussion?

- A concussion is a brain injury
- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can happen even if you have not been knocked out
- Can be serious even if you have just be "dinged"

What are the symptoms of a concussion?

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light and or noise
- Feeling sluggish, hazy, foggy or groggy
- Confusion
- Concentration or memory problems
- Does not "feel right"

What should I do if I think I have a concussion?

- Tell your coaches or parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates may have a concussion.
- Get a medical checkup. A doctor or health care professional can tell you if you have concussion and when you are ok to return to play.
- Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Additional concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

How can I prevent a concussion?

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship
- Use the proper equipment, including personal protective equipment (such as helmets, padding, shin guards and eye and mouth guards - IN ORDER FOR EQUIPMENT TO PROTECT YOU, it must be the right equipment for the game, position and activity, and it must be worn correctly and used every time you play.)

For more information visit:

- [www.cdc.gov/TraumaticBraininjury/](http://www.cdc.gov/TraumaticBraininjury/)
- [www.oata.net](http://www.oata.net)
- [www.ossaa.com](http://www.ossaa.com)
- [www.nfhs.com](http://www.nfhs.com)

Central Public School

In compliance with Oklahoma Statute Section 24-155 of Title 70, this acknowledgement form is to confirm that you have read and understand the **Concussion Fact Sheet** provided to you by Central Public School related to potential concussions and head injuries occurring during participation in athletics.

I, \_\_\_\_\_, as a student-athlete who participates in Central Public School athletics and I,

\_\_\_\_\_ as the parent/legal guardian, have read the informational material provided to us by Central Public School related to concussions and head injuries occurring during participation in athletic programs and understand the content of the warnings.

\_\_\_\_\_  
(Signature of Student-Athlete)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature of Parent/Legal Guardian)

\_\_\_\_\_  
(Date)

This form should be completed annually prior to the athletes first practice and/or competition and be kept on file for one year beyond the date of signature in the office of the athletic director.