

St. Aloysius Academy Athletic Program

**Concussion Policy**

**2016-2017**

Prior to a student's participation in a sport sponsored by St. Aloysius Academy – this includes practice sessions, the student (Grades 5-8) must have a base-line testing for concussion. This is a matter of personal safety for each student.

Any student athlete who displays signs, symptoms or other behaviors consistent with a concussion will be immediately removed from practice or a game and may not return to participate in a practice or to play in a game until the student is evaluated by a medical doctor and submits to the athletic director a written documentation of clearance to return to practice and/or play from a licensed health care provider. A *Return To Play* form, to be completed by the student's Health Care Provider, can be accessed on the **Athletics** page of the Academy website – [www.staloyusiusacademy.org](http://www.staloyusiusacademy.org)

A parent must inform the athletic director and coach(es), if the parent suspects a concussion or if the student has been diagnosed with a concussion.

Information regarding concussions can be accessed at:

[www.cdc.gov/ConcussionInYouthSports/](http://www.cdc.gov/ConcussionInYouthSports/)

**WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?**

**Signs Observed by Parents or Guardians**

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

Appears dazed or stunned

Is confused about assignment or position

Forgets an instruction

Is unsure of game, score, or opponent

Moves clumsily

Answers questions slowly

Loses consciousness (even briefly)

Shows mood, behavior, or personality changes

**Symptoms Reported by Athlete**

Headache or "pressure" in head

Sensitivity to noise

Nausea or vomiting

Feeling sluggish, hazy, foggy, or groggy

Balance problems or dizziness

Concentration or memory problems

Double or blurry vision

Confusion

Sensitivity to light

Just "not feeling right" or "feeling down"