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Student Athlete Concussions and Head Injuries

Dear Parents of Student Athletes,

The Illinois state legislature has passed legislation stating that all student athletes suspected of having a concussion need to be removed from the game or practice immediately. No athlete may return to play after a concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. This new policy requires athletes **to provide the school with written clearance from their physician prior to returning to play or practice following a concussion.**

A concussion is a brain injury caused by a bump, blow, or jolt to the head. Concussions can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and should be managed properly.** For more information you can go to: <http://www.cdc.gov/ConcussionInYouthSports>.

Enclosed is a *Parent/Athlete Concussion Information Sheet* that discusses the signs and symptoms of concussions. **All student athletes and his or her parent/guardian must sign before the student is allowed to participate in a practice or interscholastic competition.** Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

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