

# Head Injury / Concussion Parent Notification



Athlete \_\_\_\_\_ Date of injury \_\_\_\_\_ Sport \_\_\_\_\_

Your son/daughter has sustained a head injury while participating in \_\_\_\_\_. In some instances, the signs of a concussion do not become obvious until several hours or even days after the injury. Please be especially observant for the following signs and symptoms:

1. Headache (especially one that increases in intensity\*)
2. Nausea and vomiting\*
3. Difference in pupil size from right to left eye, dilated pupils\*
4. Blurry or double vision\*
5. Slurred speech\*
6. Noticeable changes in the level of consciousness (difficulty awakening, or losing consciousness suddenly)\*
7. Seizure activity, convulsions, or tremors\*
8. Decreased or irregular pulse OR respiration\*
9. Stiffness of the neck
10. Mental confusion/behavior changes
11. Dizziness
12. Memory loss
13. Ringing in the ears
14. Changes in gait or balance

**\* Seek medical attention at the nearest emergency department.**

The best guideline is to note symptoms that worsen, and behaviors that seem to represent a change in your son/daughter. Ibuprofen, aspirin, and other non-steroidal anti-inflammatory medications are not recommended. It is okay to rest and sleep, and eat light meals. Your son/daughter should refrain from physical activity until cleared by a licensed health care provider. If you have any question or concern at all about the symptoms you are observing, contact your family physician for instructions or seek medical attention at the closest emergency department.

**He / she must submit written clearance from a physician (MD or DO) before they will be allowed to return to practices and games. Once cleared by a physician, CA State Law 2127 requires a mandatory graduated return to play protocol of no less than seven days. Please see the CIF Concussion Return to Play Protocol.**

**Please remind your child to check in with the Athletic Trainers at lunch time on the first day he/she returns to school.**

Recommendations provided by:

\_\_\_\_\_ on \_\_\_\_\_

Athletic Trainer

Date

**If you have any questions or concerns, please don't hesitate to contact the athletic trainers.**

Oscar C. Melero, MS, ATC, CSCS, CES, ITAT  
Director of Sports Medicine / Head Athletic Trainer  
(415) 775-6626 ext. 788 office  
[omelero@shcp.edu](mailto:omelero@shcp.edu)

Jessica Markbreiter, MS, ATC  
Assistant Athletic Trainer  
(415) 775-6626 ext. 648 office  
[jmarkbreiter@shcp.edu](mailto:jmarkbreiter@shcp.edu)

*Enter to Learn, Leave to Serve*