

# NSAA CONCUSSION CLEARANCE FORM



## A FACT SHEET FOR PARENTS AND STUDENTS\*\*HEADS UP: Concussion in High School Sports

*The information below was taken from the Nebraska Legislative Bill LB260-The Concussion Awareness Act*

1. A student who participates on a school athletic team shall be removed from a practice or game when he or she is reasonably suspected of having sustained a concussion or brain injury in such practice or game after observation by a coach or a licensed health care professional who is professionally affiliated with or contracted by the school.
2. Such student shall not be permitted to participate in any school supervised team athletic activities involving physical exertion, including, but not limited to, practices or games, until the student (a) has been evaluated by a licensed health care professional, (b) has received written and signed clearance to resume participation in athletic activities from the licensed health care professional, and (c) has submitted the written and signed clearance to resume participation in athletic activities to the school accompanied by written permission to resume participation from the student's parent or guardian.
3. Licensed health care professional means a physician or licensed practitioner under the direct supervision of a physician, a certified athletic trainer, a neuropsychologist, or some other qualified individual who (a) is registered, licensed, certified, or otherwise statutorily recognized by the State of Nebraska to provide health care services and (b) is trained in the evaluation and management of traumatic brain injuries among a pediatric population.

### What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

### What parents/guardians should do if they think their child has a concussion?

1. OBEY THE NEW LAW—The Concussion Awareness Act
  - a. Keep your child out of participation until she/he is cleared to return by a licensed healthcare provider.
  - b. Seek medical attention right away.
2. Teach your child that it's not smart to play with a concussion.
3. Report ANY concussion to your child's school and ALL of your child's coaches including club and school sports.

### What are the signs and symptoms of a concussion?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your child reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your child out of play and seek medical attention right away.

### STUDENTS:

If you think you have a concussion:

- **Tell your coaches & parents** – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- **Get a medical check-up** – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- **Give yourself time to heal** – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

Information on concussions provided by the Centers for Disease Control and Prevention. For more information visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)

**By signing below, the following individuals acknowledge that the student-athlete can resume participation in athletic activities.**

\_\_\_\_\_  
LICENSED HEALTH CARE PROFESSIONAL SIGNATURE      DATE

\_\_\_\_\_  
LICENSED HEALTH CARE PROFESSIONAL PRINTED NAME

\_\_\_\_\_  
STUDENT'S SIGNATURE

\_\_\_\_\_  
STUDENT'S PRINTED NAME

\_\_\_\_\_  
PARENT'S/GUARDIAN'S SIGNATURE      DATE

\_\_\_\_\_  
STUDENT'S GRADE      STUDENT'S SCHOOL