



Larry A. Hewitt, Ed.D
SUPERINTENDENT

Kelly Sculles, Ed.D
DIRECTOR OF STUDENT SERVICES

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 their 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.

Scott Meek
Principal

Kula Geib
Athletic Director

Rebecca Boston, RN
School Nurse