



St. Pius Elementary School

Bringing the Presence of Christ to Others

**The following course on
“CONCUSSIONS IN SPORTS”
by the
NATIONAL FEDERATION OF HIGH SCHOOL ATHLETICS
must be completed and the form that follows
and certificate of completion must be submitted
and returned with your
STUDENT/PARENT HANDBOOK FORM.**

1. Type in NFHSLEARN.com/courses
2. In the upper right hand corner, click on “LOG IN” or “REGISTER” and type in your information.
3. Scroll down to “RECOMMENDED COURSES” and click on “CONCUSSIONS IN SPORTS.”
4. Click on “ORDER COURSE.” (NOTE: This course is free but you must continue to order and check out.)
5. Check “MYSELF” when asked by whom this course will be completed.
6. Enter “STATE OF LOUISIANA” for next step.
7. Check the “NO REFUND DISCLAIMER” then click on “CHECK OUT”
8. Click “CONTINUE”
9. Your order receipt will appear at this point. Press “CLICK HERE” to access your course online.
 - a. If you do not have time at this point to take the course, you simply log back in to the website at a later time, click “MY COURSES” and then click “BEGIN COURSE”
10. Upon completion of the course, you will be given the opportunity to “DOWNLOAD CERTIFICATE.” Print this certificate and return a copy of it with your STUDENT/PARENT HANDBOOK FORM.

**Thank you very much for making the time to
complete this course and
for helping us to keep your child(ren)
safe and healthy!**



St. Pius Elementary School

Bringing the Presence of Christ to Others

CONCUSSION INFORMATION FOR ST. PIUS ATHLETES AND PARENTS

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They 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 may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "king" or a bump on the head has the potential to be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Table with 3 columns: Symptoms of concussion including headaches, nausea, balance problems, sensitivity to light, feeling foggy, drowsiness, amnesia, fatigue, sadness, confusion, pressure in head, neck pain, blurred vision, feeling sluggish, change in sleep patterns, not feeling right, nervousness, irritability, repetitive questioning, trouble concentrating, trouble with memory.

- Observations by teammates, parents and/or coaches which may indicate a concussion was sustained: Athlete appears dazed, Athlete has vacant facial expression, Athlete is confused about assigned tasks, Athlete forgets plays, Athlete is unsure of game score or opponent, Athlete moves unsteadily or clumsily, Athlete answers questions slower than usual, Athlete's speech is slurred, Athlete displays changes in typical behavior and/or personality, Athlete cannot recall events prior to sustaining hit/blow, Athlete cannot recall events following hit/blow, Athlete suffers seizures or convulsions, Athlete loses consciousness.



St. Pius Elementary School

Bringing the Presence of Christ to Others

Athletic Department Parent/Player Concussion Statement

(Revised 7.2017)

The St. Pius Elementary School Athletic Department requires that all St. Pius athletic team members and their parents read and understand the NCAA/CDC Concussion Fact Sheet and review and understand the NHFS, "Concussions in Sports – What You Need To Know," online course. Upon completion of the aforementioned parents and athletes must read, initial next to each statement and sign the following statements signifying that both parties have read/reviewed the material and are aware of the information provided:

_____ I have read and understand the NCAA/CDC Concussion Fact Sheet

_____ I have reviewed and understand the NHFS online course "Concussions in Sports – What You Need to Know."

After reading the NCAA Concussion Fact Sheet and reviewing the NHFS Online Course, I am aware of the following information (Please initial each next to each statement):

_____ A concussion is a brain injury which athletes should report to the coaching staff.

_____ A concussion can affect the athlete's ability to perform everyday activity, reaction time, balance, sleep and classroom performance.

_____ You cannot see a concussion but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

_____ I will not knowingly allow myself/my child to return to play in a game or practice if he/she has received a blow to the head or body that results in concussion-related symptoms.

_____ If I suspect I/my child has a concussion, it is my responsibility to inform the coaching staff and refer myself/my child to the appropriate medical staff.

_____ I will report/I will have my child report any suspected injuries and illnesses to the coaching staff including signs and symptoms of concussions.

_____ Following a concussion the brain needs time to heal. Concussed athletes are much more likely to have a repeat concussion if they return to play before their symptoms are resolved. In rare cases, repeat concussions can cause permanent brain damage and even death.

Printed Name of Athlete

Printed Name of Parent

Signature of Athlete

Signature of Parent

Date

Date