



Flushing Community Schools

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Matthew Shanafelt, Deputy Superintendent

June 27, 2018

Dear Parent and/or Guardian:

Public Act 342 and 343 outlines the Michigan Concussion Law. Michigan is the 39th state to enact a law that regulates sports concussions and the manner in which students and student athletes return to athletic activity. The Michigan Concussion Law went into effect June 30, 2013. This law affects all students in the State of Michigan who are involved in any type of physical activity where a concussion event may be likely to occur. Initially it was specific to athletes but it also includes all students who participate in physical education classes and also includes students on the playground at recess.

The law requires the following:

- Ensure coaches, employees, volunteers, and other adults, who are involved with the participation of students/athletes in the district's athletic activities, participate in a concussion awareness training program.
- Immediate removal of a student/athlete from physical participation in an athletic activity who is suspected of sustaining a concussion.
- Receive written clearance from an appropriate health professional before the student/athlete can return to physical activity.
- Provide educational materials on the nature and risks of concussions to each student/athlete participating in the district's athletic activities and his/her parent or guardian; and
- Obtain an acknowledgment receipt from the student/athlete and his/her parent/guardian and maintain the receipt in a permanent file for the duration of the student's participation in athletic activities or until the student is 18.

Attached to this letter you will find the *Educational Material for Parents and Students* document. This document provides information regarding concussions. Also attached is the *Concussion Awareness Educational Material Acknowledgement Form*. Both you and your child must sign this form.

If you have any questions, please contact your child's school. For more information regarding the Michigan Sports Concussion Law, please visit www.michigan.gov/sportsconcussion.

Sincerely,

Matt Shanafelt
Deputy Superintendent

"Preparing learners today for opportunities tomorrow."



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Educational Material for Parents and Students

WHAT IS A CONCUSSION?

A **concussion is a type of traumatic brain injury** that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or a sudden stopping and starting of the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven't been knocked out.

You can't see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

IF YOU SUSPECT A CONCUSSION:

1. **SEEK MEDICAL ATTENTION RIGHT AWAY** -A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Don't hide it, report it. Ignoring symptoms and trying to "tough it out" often makes it worse.
2. **KEEP THE STUDENT OUT OF PLAY** - Concussions take time to heal. Don't let the student return to play the day of injury and until a health care professional says it's okay. A student, who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.
3. **TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION** - Schools should know if a student had a previous concussion. The school may not know about a concussion received in a sport or activity unless you notify them.

SIGNS OBSERVED BY PARENTS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Can't recall events prior to or after a hit or fall
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

CONCUSSION DANGER SIGNS:

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people/places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously).

UNDERSTANDING CONCUSSION

Some Common Symptoms

| | | | | |
|-----------------------------|--------------------|--------------------|--------------------|---------------------|
| Headache | Balance Problems | Sensitive to Noise | Poor Concentration | Not "Feeling Right" |
| Pressure in the Head | Double Vision | Sluggishness | Memory Problems | Feeling Irritable |
| Nausea/Vomiting | Blurry Vision | Haziness | Confusion | Slow Reaction Time |
| Dizziness | Sensitive to Light | Fogginess | "Feeling Down" | Sleep Problems |
| | | Grogginess | | |



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HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rests breaks, be given extra help and time, spend less time reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Remember: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

To learn more, go to www.cdc.gov/concussion.

Sources: Michigan Department of Community Health, CDC and the National Operating Committee on Standard for Athletic Equipment (NOCSAE)

(Content Meets Michigan Department of Community Health Requirements)



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CONCUSSION AWARENESS

EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

Parents and Students Must Sign and Return the Educational Material Acknowledgement Form

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 that I have received and reviewed the ***Educational Material for Parents and Students*** related to the Michigan Sports Concussion Law (effective June 30, 2013) provided by Flushing Community Schools.

Signature of Student

Student Name Printed

Signature of Parent/Guardian

Parent or Guardian Name Printed

Date

Date

This form must be kept on file for the duration of participation or age 18.

Students and parents please review and keep the attached educational materials available for future reference.