



Alamo Heights I.S.D. Return to Participation from Concussion - After Injury Information

You are being provided this sheet because your student was assessed for and is believed to have a concussion. This sheet will provide basic information regarding concussions and AHISD Return to Participation for Concussion procedures.

What is a concussion?

A concussion is a type of traumatic brain injury (TBI). It is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Some of the ways a person can get a concussion are hitting their head during a fall, car crash, or sports injury. Health care professionals sometimes refer to concussions as “mild” brain injuries because they are usually non-life-threatening. Even so, their effects can be serious.

What should we expect with regards to signs and symptoms?

Most people with a concussion recover. During recovery, it is important to know that many people have a range of symptoms. Some symptoms may appear right away, while others may not be noticed for hours or even days after the injury. The student may not realize they have problems until they try their usual activities again.

Below is a list of some of the symptoms the student may have:

Thinking/Remembering: Difficulty thinking clearly, feeling slowed down, difficulty concentrating, and remembering new information.

Physical: Headache, fuzzy/blurry vision, early on nausea/vomiting, dizziness, sensitivity to light/noise, balance issues, feeling tired.

Emotional/Mood: Irritability, sadness, more emotional, and nervousness/anxiety.

Sleep: Sleeping more/less than usual and trouble falling asleep

These “post-concussive” symptoms can be part of the normal healing process and are generally not signs of permanent damage or serious health problems. Most symptoms go away over time without any treatment. It is easy to become upset or afraid if you, parent and student, don’t know what to expect or if the student is having problems.

Should I go to an emergency room?

Sometimes serious problems develop after a head injury. The symptoms include repeated vomiting; headache that gets worse and does not go away; loss of consciousness or unable to stay awake during times the student would normally be awake; getting more confused, restless, or agitated; convulsions or seizures; difficulty walking or difficulty with balance; weakness or numbness; or difficulty with your vision. Most of all, if the student has any symptom that concerns you do not delay and see a doctor.

What can the student do to feel better?

The student should try to get plenty of rest and sleep helps the brain to heal. The student should not try to do too much too fast, including activities that require a lot of thinking or concentration (e.g. , working on the computer, playing video games, texting). Ignoring your symptoms and “toughing it out” often makes symptoms worse. Parents can contact their student’s counselor for potential, short-term, academic/school adjustments and modifications.

What will be required for the student to return to participation?

The student may return to participation after: providing a written statement of evaluation by a parent chosen physician that indicates the student may return to participation using the AHISD Return to Participation from Concussion-Medical Provider Statement form, completion of a UIL Return to Play Form; and completion of AHISD Return to Participation from Concussion Progression of Activities for appropriate school level.



AHISD Concussion Return to Play Guidelines – Parent/Guardian Information

- If you suspect your child of a head injury/concussion, or after being contacted by their Athletic Trainer or coach, they must be removed from activity and evaluated by a physician of your choice.
- Your Athletic Trainer or coach will give you the AHISD Return to Play (RTP) protocol paperwork. Take these forms with you to the physician to sign and return. Most physicians will oblige and/or give you their specific instructions/documentation (Doctor's Note).
- **Regardless of the physician's diagnosis (concussion/no concussion), the AHISD COT deems necessary for the student-athlete to complete the RTP protocol.**

JUNIOR SCHOOL Student-Athlete

- Following Phase I and within 48 hours, contact your High School Athletic Trainer by email, office phone or coordinate with your Junior School Coach to set up a RTP **initial** meeting (Phase 1.5).
- Phases 2-5 (at 48 hour intervals) will be administered and completed between the student-athlete and a Junior School Coach not responsible for the in-season athletic activity.
- Upon completion of Phase 5 and within 48 hours, contact your High School Athletic Trainer by email, office phone or coordinate with your Junior School Coach to set up a RTP **review** meeting (Phase 5.5). Bring the documentation of the completed phases to this meeting.
- Student-Athlete may progress into full game activity after the review meeting. Documentation, in the form of UIL and AHISD RTP paperwork should be kept at both the Junior and High School campuses to provide a means of tracking head injuries/concussions for every student-athlete.

AHISD Concussion Oversight Team

In accordance with HB 2038: Section 38.153 and 38.154, AHISD is in compliance with the State of Texas

The Alamo Heights Concussion Oversight Team (COT), listed below, has developed and implemented the following concussion management guidelines designed to facilitate a safe return to athletic activities for student-athletes in Alamo Heights ISD. This comprehensive guideline is consistent with current standards of care and appropriate medical practices for the student-athlete who suffers a concussion in athletics.

Physicians

Dr. Stephen Saenz - Sports Medicine Associates of San Antonio
Dr. Lindsay Stephens - Sports Medicine Associates of San Antonio

Alamo Heights Athletic Trainers

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