

**American Judo & Jujitsu Federation
of the
United States of America, Inc.
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A.J.J.F. Concussion Fact Sheet

A.J.J.F. Registrant Name _____ Date _____
(please print)

WHAT IS A CONCUSSION?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

Children and adolescents are among those at greatest risk for concussion. The potential for a concussion is greatest during activities where collisions can occur, such as during physical education (PE) class, playground time, or school-based sports activities. However, concussions can happen any time a student's head comes into contact with a hard object, such as a floor, desk, or another student's head or body. Proper recognition and response to concussion can prevent further injury and help with recovery.

THE FACTS

1. All concussions are serious.
2. Most concussions occur without loss of consciousness.
3. Recognition and proper response to concussions when they first occur can help prevent further injury or even death.

Children and teens with a concussion should NEVER return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a health care professional experienced in evaluating for concussion says they are symptom-free and it's OK to return to play. This means, until permitted, not returning to:

- Physical Education (PE) class,
- Sports practices or games, and
- Physical activity at recess.

HOW CAN I RECOGNIZE A CONCUSSION?

Teachers and school counselors may be the first to notice changes in their students. The signs and symptoms can take time to appear and can become evident during concentration and learning activities in the classroom.

Send a student to the school nurse, or another health professional, if you notice or suspect that a student has:

- Any kind of forceful blow to the head or to the body that results in rapid movement of the head, AND
- Any change in the student's behavior, thinking, or physical functioning. (See the signs and symptoms of concussion.)

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

The signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. Be alert for any of the following signs or symptoms. Also, watch for changes in how the student is acting or feeling, if symptoms are getting worse, or if the student just “doesn’t feel right.”

SYMPTOMS REPORTED BY STUDENT:	
<p>EMOTIONAL:</p> <ul style="list-style-type: none"> • Irritable • Sad • More emotional than usual • Nervous <p>THINKING/REMEMBERING:</p> <ul style="list-style-type: none"> • Difficulty thinking clearly • Difficulty concentrating or remembering • Feeling more slowed down • Feeling sluggish, hazy foggy, or groggy <p>SLEEP</p> <ul style="list-style-type: none"> • Drowsy • Sleeps less than usual • Sleeps more than usual • Has trouble falling asleep <p>*Only ask about sleep symptoms if the injury occurred on a prior day</p>	<p>PHYSICAL</p> <ul style="list-style-type: none"> • Headache or "pressure" in head • Nausea or vomiting • Balance problems or dizziness • Fatigue or feeling tired • Blurry or double vision • Sensitivity to light or noise • Numbness or tingling • Does not "feel right" <p>SIGNS OBSERVED BY SCHOOL STAFF:</p> <ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about events • Answers questions slowly • Repeats questions • Can't recall events prior to the hit, bump or fall • Can't recall events after the hit, bump or fall • Loses consciousness (even briefly) • Shows behavior or personality changes • Forgets class schedule or assignments

DANGER SIGNS

Be alert for symptoms that worsen over time. A student should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

WHAT DO I NEED TO KNOW ABOUT MY STUDENTS RETURNING TO SCHOOL AFTER A CONCUSSION?

Students may need to limit activities while they are recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

WHAT TO LOOK FOR AFTER A CONCUSSION:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments,
- Receive help with schoolwork, and/or
- Reduce time spent on the computer, reading or writing

When students return to school after a concussion, school professionals should watch for:

- Increased problems paying attention or concentrating
- Increased problems remembering or learning new information
- Longer time needed to complete tasks or assignments
- Difficulty organizing tasks
- Inappropriate or impulsive behavior during class
- Greater irritability
- Less able to cope with stress or is more emotional

Check out CDC's Heads Up to Schools Facts Sheet on "Returning Students to School After a Concussion Fact Sheet". For more information: www.CDC.GOV/Concussion

"My signature below means that I have read and understand the information on the Concussion Fact Sheet and I, the undersigned, acknowledge and agree that an electronic copy(ies) shall be as effective as original instruments, and shall be effective for as long as the undersigned is a registrant of the AJJF".

Signature _____ Date _____

Print Name _____

School (dojo) Name _____

If you are examining, please email the form to the AJJF Exams Chair exams@ajjf.org. This is an insurance requirement for all black belts please email the form to the AJJF Insurance Chair at sanctions@ajjf.org if you are not examining.