

'IOLANI SCHOOL
Home Instructions for Athletes with Head Injuries (HIAHI)

Name of athlete: _____

Date: _____

Dear Parent or Guardian:

You child may have experienced a head/brain injury during today's practice or game.

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. Please refer to the signs and symptoms lists located on the back of this instruction sheet (HEADS UP: Concussion in high school sports) for further details.

Call your doctor or go to the emergency department if the athlete experiences sudden onset of any of the following:

Looks very drowsy/ can't be awakened	Headaches that worsen	Seizures
Can't recognize people or places	Repeated vomiting	Neck pain
Increasing confusion or irritability	Unusual behavioral change	
Weakness or numbness in arms/legs	Change in state of consciousness	

If your child has been diagnosed with a concussion, s/he needs to obtain written clearance from a licensed health care provider (Advanced practice registered nurse, certified athletic trainer, neuropsychologist, physician assistant, physician, or osteopathic physician) prior to returning to athletics, which:

- A. States that the student is capable of resuming participation in a particular sport;
- B. May require the student to follow a plan designed to aid the student to recover and resume participation in school and athletic activities that:
 - (i) Includes, as appropriate, periods of cognitive and physical rest while symptoms of a concussion persist; and
 - (ii) Reintroduces cognitive and physical demands on the student on a progressive basis to prevent the reemergence or worsening of symptoms of a concussion; and
- C. Requires that the student's return to physical activity be monitored by the school's certified athletic trainer, if an athletic trainer is employed by the school.

Additional information and tools can be found at:

<http://brain101.orcasinc.com/>

http://www.cdc.gov/concussion/headsup/high_school.html

<http://www.sportshigh.com/concussion>

Thank you,

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