



CHS Athletics & Carson Football



Concussion Concerns- Information for Parents

[This information is intended to help alleviate concerns & answer questions parents can have...]

1. CHS Athletics has been well ahead of the curve in addressing concussions in sports for many years.
2. There is a defined school district protocol we follow in every sport, including football, which is used to deal with head injuries. Player safety is the top priority.
3. Even more important, we have a nationally certified athletic trainer at CHS. He is at every practice and most games (all varsity games, and home JV & Frosh games). He deals directly with player safety and communication with parents regarding concussions when one may occur.
 - a. This is important because the majority of schools, nationwide, do not have a full time athletic trainer available to them like we do at CHS.
 - b. Our players participate in IMPACT testing which is a test used to establish a cognitive baseline for the athlete at the beginning of the sport season.
 - c. If there is a suspected concussion, the test is retaken by the athlete, and the results read by a neurologist.
 - d. Based on the results, if the athlete does have a concussion, the next course of action is that the athlete must seek the care of a physician and cannot return to practice or play until cleared by a doctor. This entire process is essentially taken out of the hands of coach.
 - e. Finally, once cleared by a physician, we follow medical recommendations, like from the Center for Brain Health, for return to play from a concussion.
 - f. The athlete is gradually reintroduced into physical activity over the course of three days before full contact is even allowed.
 - g. We take great care to put our athlete's safety first over all other factors.
 - h. **We encourage our parents, players, coaches, and our trainer to have an open line of communication regarding your son's health, and concerns anyone may have.**
4. CHS coaches are educated about concussions, and that education is an ongoing process.
5. **There is risk in participating in ALL sports. Many recreational activities can be much more risky than participating in any given sport.**
 - a. One only needs to research on Google to find plenty of information about concussions in football, but also statistics about other sports, and non-sports concussions adolescents suffer every year.
 - b. Because of the concern for our athletes, much time and care that has been put into putting their safety and health as our top priority when it comes to concussion issues and protocols at CHS.
 - c. There are no guarantees; just as there are no guarantees in any sport or recreational activity adolescents participate in, where any injury, including a concussion, is a risk.
 - d. **Finally, football has changed dramatically for the better regarding this issue. Current rule changes and full contact time limits in Nevada are protecting players. Tackling techniques have improved dramatically, the culture of football has**

changed for the better in terms of education and communication, safer helmets (CHS has all 5 star rated helmets), and improved training techniques, have made the game safer than ever.