



## Melba Sports Medicine

Dear Parents and Incoming Athletes,

It is my pleasure to continue as the Athletic Trainer at Melba High School. As our sports seasons are underway, I wanted to reach out and remind you of the athletic training services available here. This year, I have ten student aides who will work with me to help keep the athletes covered. These are seniors who have completed the necessary courses and training and who have demonstrated the appropriate skills needed to provide first aid care and basic taping services.

As the Certified Athletic Trainer for the district, I provide the following services:

- Daily medical coverage, taping as needed, injury evaluations/management
- Concussion evaluation and management including return to play
- Injury assessments and recommendations for follow up care
- Fast track referral to sports medicine physicians
- First aid treatments and organization/implementation of emergency protocols
- Education and instruction for student athletes, coaches and parents
- Student education in sports medicine career paths

The athletic training room is available after school and during home events for the athletes who need to see the athletic trainer for evaluation and taping, or to receive treatment and perform rehabilitative exercises. If your son or daughter has sustained an injury, please know that I will do whatever I can to help them care for the injury so they can return to play as soon as safely possible. I will evaluate the injury and refer as needed to a physician.

Please inform the coach and/or the Athletic Trainer if your child intends to see a physician. **ANYTIME AN ATHLETE SEES A PHYSICIAN FOR AN INJURY, A DOCTORS' NOTE MUST BE PROVIDED TO THE ATHLETIC TRAINER PRIOR TO RETURN TO ACTIVITY.** The note should include diagnosis, restrictions, any rehabilitation requirements, and date the athlete may return to activity. The athlete must still must pass a functional evaluation prior to return to sport. Concussions require a minimum of 7 days before possible return to play.

It is the student-athletes responsibility to report all injuries/illness to the coach and Certified Athletic Trainer as soon as is possible. This includes all injuries that occur at

away events. To provide the best quality and continuity of care, the athlete should report all injuries **PRIOR** to any further participation.

Please refer to the **Melba Sports Medicine webpage** found on the district website for return to participation guidelines following an injury and for more information about the athletic training program. It is important to note the following:

- **Melba Sports Medicine Directing Physician:** Dr. Andrew Curran, D.O., Orthopedic Surgeon primarily based out of ISMI in Boise.
- We also work with the St. Luke's outreach program for help with game coverage as well. From time to time, you will see certified athletic trainers from St. Luke's present at home events.

Please feel free to contact me with any questions you may have. Let's work together to have a successful sports year! Go Mustangs!

Sincerely,



Amy Clark, LAT/ATC  
Melba High School  
Sports Medicine Instructor/Athletic Trainer  
HOSA Advisor  
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# A FACT SHEET FOR High School Parents



This sheet has information to help protect your teens from concussion or other serious brain injury.

## What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

## How Can I Help Keep My Teens Safe?

Sports are a great way for teens to stay healthy and can help them do well in school. To help lower your teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for teens to avoid hits to the head.

**Talk with your teens about concussion.** Tell them to report their concussion symptoms to you and their coach right away. Some teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*

## How Can I Spot a Possible Concussion?

Teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

## Signs Observed by Parents

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

## Symptoms Reported by Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

**GOOD TEAMMATES KNOW:  
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**



[cdc.gov/HEADSUP](http://cdc.gov/HEADSUP)

## CONCUSSIONS AFFECT EACH TEEN DIFFERENTLY.

While most teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your teens' healthcare provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



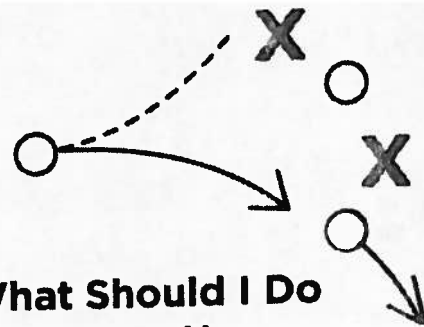
**Plan ahead.** What do you want your teen to know about concussion?

### What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1, or take your teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

**Teens** who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a teen for a lifetime. It can even be fatal.



### What Should I Do If My Teen Has a Possible Concussion?

As a parent, if you think your teen may have a concussion, you should:

1. Remove your teen from play.
2. Keep your teen out of play the day of the injury. Your teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your teen's healthcare provider for written instructions on helping your teen return to school. You can give the instructions to your teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

Revised January 2019

To learn more,  
go to [cdc.gov/HEADSUP](http://cdc.gov/HEADSUP)



# Hoja informativa para PADRES DE ESTUDIANTES DE ESCUELA SECUNDARIA



Esta hoja contiene información para ayudarle a proteger a los adolescentes de una conmoción cerebral u otra lesión cerebral grave.

## ¿Qué es una conmoción cerebral?

Una conmoción cerebral es un tipo de lesión cerebral traumática o TBI (por sus siglas en inglés) causada por un golpe, impacto o sacudida en la cabeza o por un golpe en el cuerpo que hace que la cabeza y el cerebro se muevan rápida y repentinamente hacia adelante y hacia atrás. Este movimiento rápido puede hacer que el cerebro rebote o gire dentro del cráneo y provoque cambios químicos en el cerebro, y a veces hace que las células cerebrales se estiren y se dañen.

## ¿Cómo puedo mantener a mi hijo adolescente a salvo?

Los deportes son una buena manera para que los adolescentes se mantengan saludables y los ayudan a que les vaya bien en la escuela. Para ayudar a reducir la probabilidad de que su hijo adolescente tenga una conmoción cerebral, usted debe:

- Ayudar a crear una cultura de seguridad para el equipo.
  - › Junto con el entrenador, enséñele maneras de disminuir las probabilidades de sufrir una conmoción cerebral.
  - › Ponga énfasis en la importancia de notificar las conmociones cerebrales y tomarse el tiempo para recuperarse de estas.
  - › Asegúrese de que siga las reglas de seguridad del entrenador y las reglas del deporte.
  - › Explíquelo a su hijo adolescente que espera que mantenga el espíritu deportivo en todo momento.
- Cuando sea adecuado para el deporte o la actividad, enséñele a que debe usar un casco para disminuir su probabilidad de sufrir los tipos más graves de lesiones en la cabeza o el cerebro. No existe un casco "a prueba" de lesiones cerebrales. Incluso con un casco, es importante que los adolescentes eviten golpes en la cabeza.

## ¿Cómo puedo identificar una posible conmoción cerebral?

Los adolescentes que muestran o notifican uno o más signos y síntomas enumerados a continuación, o simplemente dicen que no se "sienten del todo bien" después de un golpe, impacto o sacudida en la cabeza o el cuerpo, podrían tener una conmoción cerebral u otra lesión cerebral grave.

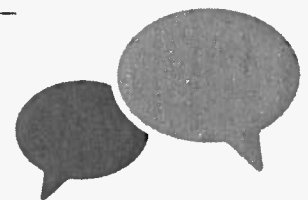
### Signos observados por los padres

- Parece estar aturdido o desorientado.
- Se olvida de una instrucción, está confundido sobre su deber o posición, o no está seguro del juego, puntaje u de quién es su oponente.
- Se mueve con torpeza.
- Responde a las preguntas con lentitud.
- Pierde el conocimiento (*aunque sea por poco tiempo*).
- Muestra cambios de ánimo, comportamiento o personalidad.
- No puede recordar eventos *antes* o *después* de un golpe o una caída.

### Síntomas reportados por los adolescentes

- Dolor de cabeza o "presión" en la cabeza.
- Náuseas o vómitos.
- Problemas de equilibrio o mareo, o visión borrosa o doble.
- Sensibilidad a la luz o al ruido.
- Se siente débil, desorientado, aturdido o grogui.
- Confusión o problemas de concentración o memoria.
- No se siente "del todo bien" o está "bajoneado".

**Hable con los adolescentes sobre las conmociones cerebrales.** Pídales que notifiquen sus síntomas de conmoción cerebral de inmediato tanto a usted como al entrenador. Algunos adolescentes piensan que las conmociones cerebrales no son graves o les preocupa que si notifican la conmoción cerebral pueden perder su posición en el equipo o verse débiles. Recuérdeles que es preferible perderse un juego que toda la temporada.



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

**LOS BUENOS COMPAÑEROS SABEN QUE:  
ES MEJOR PERDERSE UN JUEGO QUE TODA LA TEMPORADA.**

**Las conmociones cerebrales afectan a cada adolescente de manera diferente.** Mientras que la mayoría de los adolescentes con una conmoción cerebral se sienten mejor después de un par de semanas, algunos tienen síntomas que duran meses o más tiempo. Hable con el proveedor de atención médica de su adolescente si los síntomas no desaparecen o si empeoran después de que regresa a las actividades normales.



## Planifique.

¿Qué quiere que su hijo adolescente sepa sobre las conmociones cerebrales?

## ¿Cuáles son algunos signos de peligro más graves a los que debo prestar atención?

En raras ocasiones, después de un golpe, impacto o sacudida en la cabeza o en el cuerpo puede acumularse sangre (hematoma) de forma peligrosa en el cerebro y ejercer presión contra el cráneo. Llame al 9-1-1 o lleve a su hijo adolescente a la sala de urgencias de inmediato si después de un golpe, impacto o sacudida en la cabeza o el cuerpo, presenta uno o más de estos signos de riesgo:

- Una pupila más grande que la otra.
- Mareo o no puede despertarse.
- Dolor de cabeza persistente y que además empeora.
- Dificultad de dicción, debilidad, entumecimiento o menor coordinación.
- Náuseas o vómitos, convulsiones o ataques (temblores o espasmos) periódicos.
- Comportamiento inusual, mayor confusión, inquietud o nerviosismo.
- Pérdida del conocimiento (desmayado o inconsciente). Incluso una breve pérdida del conocimiento debe considerarse como algo serio.



Usted también puede descargar la aplicación de CDC **HEADS UP** (en inglés) para obtener información a su alcance sobre las conmociones cerebrales. Simplemente scanee con su teléfono celular inteligente el código QR de la imagen a la izquierda.

## ¿Qué debo hacer si creo que mi hijo adolescente tiene una posible conmoción cerebral?

Como padre, si usted cree que su hijo puede tener una conmoción cerebral, usted debe:

1. Retirarlo del juego.
2. No permitir que regrese a jugar el día de la lesión. Su adolescente debe ver a un proveedor de atención médica y solo podrá regresar a jugar con el permiso de un profesional médico con experiencia en la evaluación de conmociones cerebrales.
3. Pedirle al proveedor de atención médica de su adolescente que le dé instrucciones por escrito sobre cómo ayudarlo a que regrese a la escuela. Usted puede darle indicaciones a la enfermera de la escuela e instrucciones sobre cómo regresar al juego al entrenador o instructor deportivo.

No trate usted mismo de juzgar la gravedad de la lesión. Solo un proveedor de atención médica debe evaluar a un adolescente de una posible conmoción cerebral. Es posible que al principio usted no sepa qué tan grave es la conmoción cerebral y algunos síntomas pueden tardar horas o días en aparecer. El regreso del adolescente a la escuela y los deportes debe ser un proceso gradual manejado y vigilado por un proveedor de atención médica.

Los adolescentes que continúan jugando mientras tienen síntomas de conmoción cerebral o que regresan al juego muy temprano, mientras el cerebro todavía se está curando, tienen mayor probabilidad de tener otra conmoción cerebral. Tener otra conmoción cerebral que ocurra mientras el cerebro todavía se está curando de la primera lesión puede ser muy grave y puede afectar al adolescente de por vida; hasta puede ser mortal.

Febrero del 2016



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

Para obtener más información, visite:

[www.cdc.gov/headsup/youthsports/index-esp.html](http://www.cdc.gov/headsup/youthsports/index-esp.html)

# Concussion Information

## Parent/Guardian Acknowledgement Form

By signing below, I hereby acknowledge that Melba High School has provided me with the necessary and appropriate education on concussion as mandated under subsection (3) of section 33-1625, Idaho Code. The education included appropriate guidelines and information that identified the signs and symptoms of concussion and head injury, and described the nature and risk of concussion and head injury in accordance with the standards of the Centers for Disease Control and Prevention.

I acknowledge that in addition to receiving the education designated in the above paragraph, that I have had adequate time to review the materials and to have all of my questions addressed by the athletic trainer or other appropriate school personnel. I acknowledge that I understand the nature of concussion, the signs and symptoms of concussion, and the risks of allowing a student athlete to continue to play after sustaining a concussion.

I further understand that Melba School District, the Athletic Trainer and coaches will follow a strict concussion protocol regarding return-to-play. The Athletic Trainer is a certified and licensed healthcare professional who is trained and able to evaluate for a concussion. Any athlete diagnosed with a concussion will work with the Athletic Trainer and/or physician to follow the return-to-play protocol, which is a minimum of seven days (this is not optional per Idaho Code). I understand that the Athletic Trainer can answer any questions regarding the policy or protocol.

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Student(s) Name (Please Print)

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Parent/Guardian Name (Please Print)

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Parent/Guardian Signature

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Date

