

<b>500.27 EXHIBIT-1</b>	<b>CONCUSSION SIGNS AND SYMPTOMS</b>	
	<i>ASSOCIATED CSD ADMINISTRATIVE REGULATION:</i> 500.27	<i>APPROVED:</i> 9.20.11
<b>Recognition of Concussion</b>		
<p>What is a concussion? A concussion is a type of traumatic brain injury that interferes with normal function of the brain. It occurs when the brain is rocked back and forth or twisted inside the skull as a result of a blow to the head or body. What may appear to be only a mild jolt or blow to the head or body can result in a concussion. A concussion can occur even if a player or student in an activity is not knocked out or loses consciousness. (NFHS “Suggested Guidelines for Management of Concussion in Sports.”)</p> <p>Common signs and symptoms of sports-related concussion:</p>		
<b>Signs</b> (observed by others):		<b>Symptoms</b> (reported by student):
• Student appears dazed or stunned		• Headache
• Confusion		• Fatigue
• Forgets plays		• Nausea or vomiting
• Unsure about game, score, opponent		• Double vision, blurry vision
• Moves clumsily (altered coordination)		• Sensitive to light or noise
• Balance problems		• Feels sluggish
• Personality change		• Feels “foggy”
• Responds slowly to questions		• Problems concentrating
• Forgets events prior to hit		• Problems remembering
• Forgets events after the hit		
• Loss of consciousness (any duration)		
<p>These signs and symptoms following a witnessed or suspected blow to the head or body are indicative of probable concussion. Any student who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest, game, or practice and shall not return to play until cleared by an appropriate health care professional.</p>		

This online presentation is an electronic representation of approved Canyons School District’s Administrative Regulations. It does not reflect updating activities in progress. The official, authoritative administrative regulations are available for inspection in the office of the Superintendent located at 9361 South 300 East Sandy, UT 84070.