

# Fond du Lac School District

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Effective April 2012, Wisconsin Act 172 requires that before a student may participate in practice or competition the Fond du Lac School District and the Recreation Department provide you with information regarding concussion and head injury. Parents and/or guardians are required to sign the enclosed information sheet prior to participation. A copy of 2011 Wisconsin Act 172 - 118.293 is available by clicking here: <https://docs.legis.wisconsin.gov/2011/related/acts/172>  
"Youth Athletic Activity" includes all ages and activities.

Our athletic coaches, athletic trainers, or officials involved with the District and Recreational activities will remove a student from youth athletic activity if the student exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, athletic trainer or official suspects the student has sustained a concussion or head injury.

A student who has been removed from a youth athletic activity may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider.

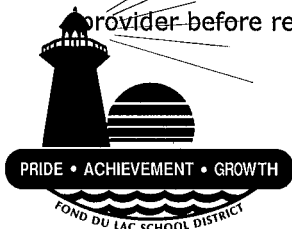
## Signs and Symptoms of Concussions

<p><b>These are some SIGNS concussion (what others can see in an injured athlete):</b></p> <ul style="list-style-type: none"><li>Dazed or stunned appearance</li><li>Change in the level of consciousness or awareness</li><li>Confused about assignment</li><li>Forgets plays</li><li>Unsure of score, game, opponent</li><li>Clumsy</li><li>Answers more slowly than usual</li><li>Shows behavior changes</li><li>Loss of consciousness</li><li>Asks repetitive questions or memory concerns</li></ul>	<p><b>These are some of the more common SYMPTOMS of concussion (what an injured athlete feels):</b></p> <ul style="list-style-type: none"><li>Headache</li><li>Nausea</li><li>Dizzy or unsteady</li><li>Sensitive to light or noise</li><li>Feeling mentally foggy</li><li>Problems with concentration and memory</li><li>Confused</li><li>Slow</li></ul>
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Injured athletes can exhibit many or just a few of the signs and/or symptoms of concussion. However, if a player exhibits any signs or symptoms of concussion, the responsibility is simple: remove them from participation. "When in doubt sit them out."

The District and/or Recreation Department shall notify a parent or guardian when an athlete is thought to have a concussion. Any athlete with a concussion must be seen by an appropriate health care provider before returning to practice (including weight lifting) or competition.

*The mission of the Fond du Lac School District, in partnership with the family and the community, is to promote high achievement and foster the continuous growth of the whole child, so that each becomes a creative, contributing citizen in a global society by providing personalized learning opportunities in a safe, nurturing environment.*



## **RETURN TO PLAY**

In order to resume activity, the athlete must be symptom free and off any pain control or headache medications. The athlete should be able to carry a full academic load without any significant accommodations. Finally, the athlete must have clearance from an appropriate health care provider. Athletes with multiple concussions and athletes with prolonged symptoms often require a very different return to activity program and should be managed by a physician that has experience in treating concussion.

The following program is the recommended steps per 24 hours that the District and Recreation Department will be following. The program allows for a gradual increase in heart rate/physical exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.

STEP ONE: About 15 minutes of light exercise: stationary biking or jogging

STEP TWO: More strenuous running and sprinting in the gym or field without equipment

STEP THREE: Begin non-contact drills in full uniform. May also resume weight lifting

STEP FOUR: Full practice with contact

STEP FIVE: Full game clearance

As a reminder the Fond du Lac School District in collaboration with Agnesian HealthCare offers the ImPact Program for high school athletics. The program is used for the evaluation and treatment of head injuries. If your student has not participated in the program we are strongly recommending their participation in the free pre-injury (baseline) test. Please contact the athletic director at 920-906-6508, for additional information on the ImPact Program.

The Wisconsin Act 172 and additional information and forms can be found on the following websites:

<http://www.wiaawi.org/Health/Concussions.aspx>

<http://www.cdc.gov/headsup/index.html>

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