

## LEBANON SCHOOL DISTRICT ATHLETIC CONCUSSION POLICY

Any athlete 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 and shall not return to play until cleared by a physician licensed to practice medicine in all its branches in Illinois.

In cases when an athlete is not cleared to return to play the same day he/she is removed from a contest following a possible head injury (i.e., concussion) the athlete shall not return to play or practice until the athlete is evaluated by and receives written clearance from a licensed health care provider to return to play.

Symptoms may include the following:

- Headaches
- Nausea
- Vomiting
- Balance Problems
- Sensitivity to Light
- Drowsiness
- Amnesia
- Fatigue or Low Energy
- Nervous Anxiety
- More Emotional
- Concentration or Memory Loss
- Pressure in the Head
- Neck Pain
- Blurred Vision
- Feeling Sluggish or Groggy
- Change in Sleep Patterns
- "Don't Feel Right"
- Sadness
- Irritability
- Confusion
- Repeating the same question/comment

Return this signature page to the Lebanon High School Office as acknowledgement of this new national mandated policy that has been adopted by the Lebanon Community School District #9.

---

Student/Athlete Name Printed	Student/Athlete Sign	Date
------------------------------	----------------------	------

---

Parent/Legal Guardian Printed	Parent/Legal Guardian Sign	Date
-------------------------------	----------------------------	------