Return to Play Clearance

____________________________
suffered a suspected head injury on ____________ during
a FGCU Sport Clubs activity for the ______________________ club. In order to return to play,
the following form must be submitted by the athlete to the Sport Clubs Office (Rec Center 307).

Note to Athlete: You must complete a post-injury ImPACT test within 24-72 hours by
contacting the Sport Clubs Coordinator at 239-590-7332. After the post-injury test, a *qualified
physician* must clear you in writing before returning to play.

Important things to tell your physician:
• Cause of the injury and force of the hit or blow to the head or body
• Any loss of consciousness (passed out/knocked out) and if so, for how long
• Any memory loss or seizures immediately following the injury
• Number of previous concussions (if any)

Physician’s Use Only:
____ Cleared to return to play without restriction.
____ Cleared to return to play with restrictions (please list).
____ Cleared to return to play without restrictions on ________________.
____ Return appointment with physician required by ________________.
____ Referred to local physician or specialist for further care. Cannot return to play at this time.

_________________________  ______________________
Physician Name  Signature

_________________________  __________
Name of Practice  Date

Sport Clubs Office Use Only:  (not valid unless stamped)
Staff will retain the original form; confirmation of clearance will be emailed to coach/president.

Post-Test Taken:  Received By:  Date Stamp:
Concussion Fact Sheet

Concussion Facts
- A concussion is a brain injury that affects how your brain works.
- A concussion is caused by a bump, blow, or jolt to the head or body.
- A concussion can happen even if you haven’t been knocked out/lost consciousness.
- If you, a teammate, coach or staff member thinks you have a concussion, you cannot return to play on the day of the injury and need to wait until a qualified physician gives written clearance stating it is OK to return to play.

What are the Signs and Symptoms of Concussion?
Concussion symptoms differ with each person and with each injury, and may not be noticeable for hours or days. Resting, both physically and mentally, after a concussion is an important part of recovery. People may look fine even though they are acting or feeling differently. Common symptoms include:

<table>
<thead>
<tr>
<th>Thinking/Remembering</th>
<th>Physical</th>
<th>Emotional/Mood</th>
<th>Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>Confusion</td>
<td>Headache; Double or blurry vision</td>
<td>Irritability</td>
<td>Sleeping more than usual</td>
</tr>
<tr>
<td>Slowed reaction time</td>
<td>Nausea or vomiting; Bothered by noise or light</td>
<td>More emotional</td>
<td>Sleep less than usual</td>
</tr>
<tr>
<td>Difficulty remembering or paying attention</td>
<td>Balance problems or dizziness</td>
<td>Feeling “down” or sad</td>
<td>Trouble falling asleep, feeling tired, or having no energy</td>
</tr>
</tbody>
</table>

Above information courtesy of CDC, [www.cdc.gov/headsup](http://www.cdc.gov/headsup), 2015.

When to Seek Immediate Medical Attention
Contact your health care professional or emergency department right away if you have any of the following danger signs after a bump, blow, or jolt to the head or body:
- Headache that gets worse and does not go away
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech

The people checking on you should take you to an emergency department right away if you:
- Look very drowsy or cannot be awakened
- Have one pupil (the black part in the middle of the eye) larger than the other
- Have convulsions or seizures
- Cannot recognize people/places or show signs of being confused, restless, or agitated
- Have unusual behavior
- Lose consciousness (a brief loss of consciousness should be taken seriously and the person should be carefully monitored)

*Qualified Physician* – a physician, trained in the diagnosis, evaluation, and management of concussions; this only includes FGCU Student Health Services physicians, ImPACT consultants, Sports Medicine specialists, or U.S. board certified neurologists.

Note: FGCU Student Health Services physicians are trained to both evaluate head injuries and interpret ImPACT results, but may not always be immediately available. If an athlete is experiencing any danger signs, they should seek immediate medical attention.