Dear Whom It May Concern,

Your student-athlete has suffered a **suspected concussion** during activity. According to Friendswood ISD policy and procedure, the student-athlete must follow the Concussion Management Protocol in order to be able to return to activity in both the required manner, as well as a safe manner.

A **concussion** is a type of traumatic brain injury that interferes with normal function of the brain and is caused by a bump, blow, or jot to the head or body. Once this injury occurs, the brain is vulnerable to further injury and very sensitive to any increased stress until it fully recovers. Student-athletes with a concussion need rest from physical and mental activities that require concentration and attention as these activities may worsen symptoms include, but are not limited to:

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| * Headache or feeling pressure in head
 | * Nausea or vomiting
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| * Balance problems or dizziness
 | * Double or blurry vision
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| * Sensitivity to light (too bright)
 | * Feeling sluggish, hazy, or groggy
 |
| * Sensitivity to noise (too noisy)
 | * Confusion
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| * Just not “feeling right”
 | * Mood or behavior changes
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Signs and symptoms of a brain injury do not always present until hours or sometimes days after the initial trauma. Due to this fact, you should be aware of possible signs and symptoms that indicate an emergency including but not limited to the following:

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| * Signs/symptoms that worsen over time
 | * Loss of consciousness
 |
| * Slurred Speech
 | * Extreme drowsiness/cannot be awakened
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| * Repeated vomiting or nausea
 | * Difficulty recognizing people or places
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| * Weakness or numbness
 | * Convulsions or seizures
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| * One pupil is larger than the other
 | * Increased confusion, restlessness/agitation
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A student-athlete that is removed from an athletic practice or competition will not be permitted to practice or compete again until the student-athlete ***has been evaluated and cleared*** to begin the school districts return-to-play protocol through a written statement by their physician. The student-athlete’s guardian and student-athlete will have to return the physician's statement and complete a consent form indicating that they have been informed and consent to the policies established under the return-to-play concussion protocol.

If you have any questions or concerns, please contact:

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