



BRIDGEPORT CATHOLIC ACADEMY

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Concussion Information and Requirements

Dear Parents, Guardians, and Student-Athletes,

At **Bridgeport Catholic Academy**, the safety and well-being of our students are our highest priorities. Whether on the field or in the classroom, we are committed to ensuring a safe environment for all. In accordance with state law and the latest health guidelines, we are sharing our updated policy regarding concussions and head injuries.

A concussion is a traumatic brain injury that alters the way your brain functions. Effects are usually temporary but can include headaches and problems with concentration, memory, balance and coordination.

Although concussions usually are caused by a blow to the head, they can also occur when the head and upper body are violently shaken. These injuries can cause a loss of consciousness, but most concussions do not. Because of this, some people have concussions and don't realize it.

Concussions are common, particularly if you play a contact sport. But every concussion injures your brain to some extent. This injury needs time and rest to heal properly. Most concussive traumatic brain injuries are mild, and people usually recover fully. However, for some people, symptoms may last for months or longer and can lead to short- and long-term problems affecting how they think, act, learn, and feel.

The Centers for Disease Control and Prevention's (CDC) Injury Center has developed the public health response to concussion.

Concussion Requirements

- Please review the attached Concussion Information Sheet with your child. To ensure that our entire school community is educated on the signs and risks of brain injuries, this form must be signed and returned by all families, regardless of whether the student is enrolled in athletics.