



California Prestige University | 15605 Carmenita Road, Santa Fe Springs, CA 90670 USA | Phone: (626) 578-5789 | <https://cpu.edu>

Concussion Information Sheet

CALIFORNIA PRESTIGE UNIVERSITY ATHLETICS

Purpose: This document is designed to educate student-athletes and their parents/guardians (if under 18) about the risks, signs, symptoms, and management of concussions. Ensuring a safe athletic experience is our highest priority.

What is a Concussion?

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or body that causes the brain to move rapidly within the skull. Even a mild impact can disrupt normal brain function.

Signs and Symptoms of a Concussion

Concussion symptoms may appear immediately or develop over time. They include:

Physical Symptoms:

- Headache or pressure in the head
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light or noise
- Feeling sluggish, foggy, or groggy

Cognitive Symptoms:

- Difficulty concentrating or remembering
- Confusion
- Slowed thinking

Emotional Symptoms:

- Irritability
- Sadness
- Anxiety



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Sleep-Related Symptoms:

- Sleeping more or less than usual
- Trouble falling asleep

Why is Immediate Action Important

Returning to play too soon after a concussion can increase the risk of a more serious brain injury, known as second-impact syndrome, which can be life-threatening. Rest and proper medical care are crucial for recovery.

Steps After a Suspected Concussion

- 1. Immediate Removal:** If a concussion is suspected, the athlete will be removed from play and evaluated.
- 2. No Same-Day Return:** Athletes will not return to play on the same day, even if symptoms improve.
- 3. Medical Clearance:** Athletes can only resume sports after written clearance from a licensed healthcare provider trained in concussion management.
- 4. Gradual Return to Play:** Athletes must follow a step-by-step protocol for safe return, as outlined in the Bethesda University Concussion Protocol.

Parent/Guardian and Athlete Acknowledgment

We have read and understand the information on concussions, including the risks, symptoms, and protocols for management. We acknowledge the importance of following Bethesda University's Concussion Protocol to ensure safety and health.

Athlete Name (Print): _____

Athlete Signature: _____ Date: _____

Parent/Guardian Name (Print): _____
(Required if athlete is under 18)

Parent/Guardian Signature: _____ Date: _____