

ROCKET CITY FALCONS BASKETBALL

Concussion Information Sheet • 2026–2027

Please read and keep this sheet. Your signed acknowledgment is Section 12 of the RCF Participation Packet.

A concussion is a brain injury. All brain injuries are serious. Concussions are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body that transmits force to the head. They range from mild to severe and can disrupt the way the brain normally works.

Even a “ding” or a bump on the head can be serious. All concussions are potentially serious and may result in complications, including prolonged brain damage and death, if they are not recognized and managed properly.

You cannot see a concussion, and most sports concussions occur without any loss of consciousness. Signs and symptoms may appear immediately after the injury or may take hours or days to develop. If your child reports any symptom of a concussion, or if you observe any sign of one, seek medical attention right away.

Recognizing a Concussion

Symptoms the athlete may report	Signs observed by coaches, teammates, or parents
• Headache or a feeling of pressure in the head • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, doubled, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish, hazy, or slowed down • Drowsiness or a change in sleep patterns • Fatigue or low energy • Trouble concentrating or remembering • Sadness, nervousness, anxiety, or irritability • Feeling more emotional than usual • Simply “not feeling right”	• Appears dazed or stunned • Vacant facial expression • Confused about an assignment or position • Forgets plays • Is unsure of the game, score, or opponent • Moves clumsily or lacks coordination • Answers questions slowly • Slurred speech • Repeats the same question or comment • Shows behavior or personality changes • Cannot recall events before or after the hit • Loses consciousness, even briefly • Seizures or convulsions

Call 911 or go to an emergency room immediately if the athlete shows any of these:

- One pupil larger than the other, or unusual eye movement
- Drowsiness, or cannot be awakened
- A headache that gets worse rather than better
- Weakness, numbness, or decreased coordination
- Repeated vomiting
- Slurred speech, or increasing confusion, restlessness, or agitation
- Convulsions or seizures
- Loss of consciousness of any duration

Rocket City Falcons Concussion Policy

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion will be removed immediately from the game, practice, or other Program activity.

Any coach, official, or health care professional may identify concussive signs, symptoms, or behaviors and remove an athlete from activity. Once an athlete has been removed on suspicion of a concussion, only a licensed healthcare provider qualified to evaluate and manage concussion may clear that athlete to return.

The athlete may not return to any RCF practice, game, or skills-training session until RCF has received written clearance from a licensed healthcare provider. Written clearance should be provided to the head coach or a member of the RCF Board before the athlete's next activity.

The coach will notify the athlete's parent or guardian the same day that an athlete is removed on suspicion of a concussion, and the athlete will not be left unsupervised while awaiting a parent.

When in doubt, the athlete sits out.

Why Returning Too Soon Is Dangerous

Athletes with signs or symptoms of a concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the athlete especially vulnerable to greater injury. There is an increased risk of significant damage for a period of time after a concussion occurs, particularly if the athlete suffers a second concussion before fully recovering from the first. This can lead to prolonged recovery or to severe brain swelling — second impact syndrome — with devastating and even fatal consequences.

It is well known that adolescent athletes often fail to report the symptoms of an injury and concussions are no different. For that reason, educating board members, coaches, parents, and students is central to athlete safety. Every RCF coach, Director, and screened volunteer completes the NFHS Learning Center course “Concussion in Sports” before the first practice of each season.

If You Think Your Child Has a Concussion

- Remove the athlete from the game or practice immediately. No athlete may return to activity after an apparent head injury — regardless of how mild it seems or how quickly symptoms clear — without written clearance from a licensed healthcare provider.
- Observe the athlete closely for several hours.
- Tell the coach that you believe your child may have sustained a concussion, including a concussion sustained outside of RCF activities.
- Expect a gradual, medically supervised return: rest, then light aerobic activity, then sport-specific activity, then non-contact drills, then full practice, then game play — advancing only when each stage is symptom-free.

It is better to miss one game than to miss the whole season.

No signature is required on this sheet — please keep it for your records. The signed concussion acknowledgment is Section 12 of the RCF 2026–2027 Participation Packet.

RCF form adapted from the AHSAA Concussion Information Form; first adopted 2023, revised July 2026. MHAC does not impose a concussion protocol on member programs; this is an RCF policy. Questions: info@rocketcityfalcons.com