

ROSEVILLE CITY SCHOOL DISTRICT

Concussion Information for Athletics

Middle School Athletics — Information for Student-Athletes and Families

A concussion is a brain injury that can occur after a bump, blow, or jolt to the head or a hit to the body that causes rapid movement of the head and brain. Loss of consciousness is not required. Signs and symptoms may appear immediately or may develop later.

Common Signs and Symptoms

- Headache or pressure in the head; nausea or vomiting
- Dizziness, balance problems, difficulty walking, blurred/double vision, or sensitivity to light/noise
- Feeling sluggish, foggy, groggy, unusually tired, or “not right”
- Confusion, slowed responses, memory or concentration problems, or repeating questions
- Changes in behavior, mood, personality, or sleep
- Slurred speech, seizure, loss of consciousness, or inability to recall events before or after the injury

What to Do

Student-athletes should immediately report possible concussion symptoms to a coach, parent/guardian, nurse, school employee, or other responsible adult. Teammates should also report concerns. When a concussion is suspected, participation must stop, and the student should receive appropriate medical evaluation. Seek emergency medical care for severe or worsening symptoms such as repeated vomiting, a severe or worsening headache, increasing confusion, difficulty staying awake, seizure, loss of consciousness, or another medical emergency.

California Removal and Return-to-Play Requirements

Education Code § 49475 requires a student-athlete suspected of sustaining a concussion or head injury during an athletic activity to be removed for the remainder of the day. The student may not return until evaluated by a licensed health care provider trained in concussion management and cleared in writing. If a concussion or head injury is diagnosed, the student must also complete a graduated return-to-play protocol of no fewer than seven days under the supervision of a licensed health care provider.

Return to School and Athletics

A concussion can affect concentration, memory, balance, sleep, and tolerance for physical or mental activity. Temporary school adjustments may be needed. Return to physical activity should be gradual and follow the medical provider’s directions; if symptoms return or worsen, the student should stop and follow medical guidance.

Annual Review and Acknowledgment

California law requires concussion and head injury information to be reviewed and acknowledged each year before a student-athlete begins practice or competition. RCSD includes the required acknowledgment in its Athletic Participation Agreement & Clearance.

Sources

[CA Education Code § 49475](#) | [CIF Concussion Information Sheet](#)

For educational and athletic safety purposes, this does not replace evaluation or advice from a qualified health care provider.