Dear Parent/Guardian of _____

The Office for Catholic Youth Ministry (CYM) received a report that your child received a head injury. CYM takes head injuries to CYM athletes very seriously and would like to review with you CYM rules and recommendations.

CYM Athletic Handbook rules state that an athlete receiving a potential head injury during a practice or game in which the athlete is dazed or shows symptoms of a concussion as described in "Concussion Handout for Parents" may not participate in practices or contests (games, matches, etc) for the next seven (7) days beginning the day after the injury occurred. In addition, the athlete may not return to practicing and playing in contests until the CYM office receives a letter from a doctor (MD/DO) that states your child is cleared to return to CYM practices/contests.

As the parent/guardian of a child that received a head injury, the Office for Catholic Youth Ministry strongly recommends the following:

- Testing and treatment of your child by a doctor (MD/DO) with experience in concussions as soon as possible is very important. AI DuPont Hospital for Children, Dr. Vincent Schaller (Catholic Schools Medical Consultant) at Hockessin Walk-In Medical Care, Go Care at Abby Medical walk in and doctors listed on the DIAA web site which can be found at the following link http://www.doe.k12.de.us/infosuites/students_family/diaa/files/DIAA_MD_CONCUSSION_Resources_revised12-19-11.pdf) are options if you currently do not have a family doctor.
- Review the attached handout "Heads Up Concussion in Youth Sports" from the Center for Disease Control (CDC). This document provides valuable information such as what a concussion is and signs and symptoms of a concussion. Please review "What should you do if you think your child has a concussion?" in particular section #2 and the risks associated with second concussions.
- Review the attached handout DIAA Concussion Protocol. DIAA is Delaware Interscholastic Athletic Association and governs athletics in schools in the State of Delaware. This document provides a Gradual Return to Play (RTP) Plan.
- Neurocognitive testing like IMPACT is advised to provide your doctor with an additional tool to more accurately diagnose the degree of bruising of the brain and also chart the recovery.
- Contact the nurse where your child attends school so that your child can be monitored for additional symptoms.

In the next few days, you will receive in the mail a memo from the Office for Catholic Youth Ministry and an insurance form. It is important to complete review the memo, complete the insurance and mail the form as noted as soon as possible.

If you have any questions, please feel free to contact the CYM Office at 302-658-3800 X13.

Thank you,

Joe McNesby

Director of CYM Sports

CC: Head Coach Reporting Injury

AAP of parish team of athlete with head injury