

# Boulder Valley High Schools Offer a free Concussion Management Plan with Concussion Vital Signs™



BVSD wants every athlete to be safe, so we are offering **free** baseline cognitive testing to each athlete in the 2013-2014 season. In the event of a head injury, an athlete can be re-tested to make sure they are safe to return to play. Talk to your coach or your school's Certified Athletic Trainer for details, or visit [www.concussionvitalsigns.com](http://www.concussionvitalsigns.com) for more information.

\*\* If you took the **Concussion Vital Signs** test last year, you do not need to take it again this year \*\*

**If you think you have a concussion: Don't hide it. Report it. Take time to recover.**  
**If you think your teammate has a concussion: Don't hide it. Report it. Be a friend.**  
It's better to miss one game than the whole season.

## What should I do if I think I have a concussion?

- Tell your coaches and athletic trainer and your parents right away. Never ignore a bump or blow to the head, even if you feel fine.
- Get a medical evaluation by your healthcare professional so they can determine when it is OK to return to play.
- Give yourself time to get better. While you are recovering from a concussion, you are much more likely to have another concussion if you are reinjured. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

- ⇒ **Who:** Any student registered for a HS Athletic Team in BVSD
- ⇒ **When:** Contact your school's Athletic Director for Dates & Times
- ⇒ **Where:** Boulder, Fairview, Nederland, Monarch, Centaurus, & Broomfield High Schools - You will need to take the baseline test at your own High School
- ⇒ **How:** 25-45 minute online test done in your school's media room
- ⇒ **Why:** Second Impact Syndrome is a serious concern and potential risk when an injured athlete returns to play prior to full recovery from a concussion. Baseline neurocognitive testing and post-injury testing is a thorough way to determine if full recovery has been reached, or of more time off is required.

Concussion Vital Signs is being provided and managed by Boulder Center for Sports Medicine. A huge thanks to the Boulder Community Hospital Foundation for awarding a grant for Boulder Center for Sports Medicine to offer Concussion Vital Signs free of charge for six Boulder Valley High Schools.

