



CONCUSSION INFORMATION

Concussions are a type of brain injury that can range from mild to severe and can disrupt the way the brain normally works. Concussions can occur in any organized or unorganized sport or recreational activity and can result from a fall or from players colliding with each other, the ground, or with obstacles. Concussions occur with or without loss of consciousness but the vast majority occur without loss of consciousness.

In accordance with Section 33-1620, Idaho Code the Idaho High School Activities Association has provided information on its website for coaches, parents, and athletes, concerning the Identification and Management Strategies regarding concussions. The IHSAA encourages all coaches, parents, and athletes to educate themselves about the recognition and treatment of concussions. Please take the time to visit our website at www.idhsaa.org. If you have any questions or need of further information, please contact your school or the IHSAA Office at admin@idhsaa.org.

It is the wish of the IHSAA that you have a safe and enjoyable sport or activity season.

Idaho High School Activities Association