

### **“THREE STRIKES RULE”**

You have been diagnosed with a concussion. It is extremely important to rest your brain after this type of injury. Your brain cannot heal if you do not rest when you feel symptoms (such as headache, dizziness, extra tired, nausea) return or worsen in intensity. With this in mind, we would like you to follow the “Three Strike Rule” which is explained below.

- If any activity makes you feel worse (**Strike**), take a break (put your head down/remove yourself from the activity) until you feel better. It is then okay to try the activity again.
- If the same activity makes symptoms worse a **2<sup>nd</sup> time** then stop that activity for the day (**2 strikes and you’re out for the same activity/class**).
- If symptoms get worse a **3<sup>rd</sup> time**, then go home for the day (**3 strikes and you’re out for the school day**).

Your teachers will be made aware of your concussion, but it is still important for you to let them know if you are experiencing symptoms. Remember, you play a crucial role in your recovery so be sure to “listen” to your body and follow these steps so you can be back to feeling like yourself again soon!