

Concussion Understanding & Agreement

Please read and sign this agreement and give it to your head coach. Athletes will not be allowed to participate until this form is signed and dated by a parent or legal guardian or athlete if 18 or older.

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head.

You cannot see a concussion.

Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If any head injury occurs or symptoms of a concussion appear, you should report it to your Head Coach and seek the advice of a healthcare professional.

What are the signs and symptoms of a concussion?

Signs observed by Individuals around an Injured Athlete

If an Athlete has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

Appears dazed or stunned
Is confused about assignment or position
Forgets an instruction
Is unsure of game score or opponent
Moves clumsily

Answers questions slowly
Loses consciousness (even briefly)
Shows behavior or personality changes
Cannot recall events prior to hit or fall
Cannot recall events after hit or fall

Signs observed by the Athlete

Headache or "pressure" in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to light

Sensitivity to noise
Feeling sluggish, hazy, foggy or groggy
Concentration or memory problems
Confusion
Does not "feel right"

What should you do if you think your child (athlete) has a concussion?

1. **Report to the Head Coach immediately.**
2. **"Out" of play.** Concussions take time to heal. An athlete should be cleared to return to play by a healthcare professional. Athletes who return to play too soon – while the brain is still healing - risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting the athlete for a lifetime.
3. **Tell your doctor about any past concussion(s).** You should report any previous concussion that you have had in the past to your doctor.

Athletes Name Printed: _____

Athlete (18 or older) or Parent/Guardian Signature

____/____/____
Date

Parent/Guardian Name Printed: _____