



Athlete and Parent/Guardian Concussion Awareness Form

It is important that we do as much as possible to create and maintain a safe environment for our student athletes. As a parent/guardian or athlete you play an important role in protecting participants. We have provided the Concussion Awareness Form to assist you in this regard.

This form must be signed annually by the parent/guardian and student prior to participation in any of our team sports. It will be kept on file. If you have questions regarding any of the information provided in the form, please contact our Business Office.

I have received, read and understand the information presented in the concussion awareness form.

Printed Athlete Name

Signature of Athlete

Date

Printed Parent/Guardian Name

Signature of Parent/Guardian

Date



Concussion Awareness Information

1. What is a concussion?

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

2. What are some of the symptoms of a concussion?

Symptoms of a concussion may include one or more of the following:

- Headaches or pressure in the head
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness, moves clumsily, lack of coordination
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down, drowsy, answers questions slowly
- Feeling foggy or groggy
- Change in sleep patterns
- Fatigue or low energy
- Nervousness or anxiety
- Confusion (appears dazed, vacant facial expression, repeating the same question/comment)
- Concentration or memory problems (forgetting plays, confused about assignment, can't recall events prior to or after hit)
- Slurred speech
- Seizures or convulsions
- Behavior or personality changes, more emotional, irritability, sadness



Concussion Awareness Information

- Loses consciousness

3. What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. Athletes often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

The "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return-to-play concussion guidelines.

Specifically, any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. Further, no athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Parents should inform their child's coach if they think their child may have a concussion.

4. Return TO PARTICIPATION PROTOCOL

If your child has been diagnosed with a concussion they **MUST** follow a progressive return to participation protocol (under the supervision of an approved health care provider) before full participation is authorized. The return to play protocol may not begin until the participant is no longer showing signs or symptoms of concussion. Once symptom free, the athlete may begin a progressive return to play. If at any time symptoms return, the athlete should be removed from participation.