

## Parent and Player Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. 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.** In other words, even a “ding”, a bump on the head or getting your bell rung can be serious. You can’t 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.

### Symptoms may include one or more of the following:

Headaches	“Don’t feel right”	“pressure in head”
Nausea or vomiting	Sadness	Fatigue or low energy
Neck pain	Nervousness or anxiety	Balance problems or dizziness
Irritability	More emotional	Blurred, double or fuzzy vision
Confusion	Drowsiness	Sensitivity to light or noise
Amnesia	Change of sleep patterns	Concentration or memory problems
Feeling foggy or groggy	Feeling sluggish or slowed down	Repeating the same question/comment

### Signs observed by teammates, parents and coaches include:

Appears dazed	Vacant facial expression	Shows behavior or personality changes
Confused about assignment	Can’t recall events prior to hit	Can’t recall events after hit
Forgets plays	Seizures or convulsions	Loses consciousness
Slurred speech	Answers questions slowly	Moves clumsily or displays in coordination
Is unsure of game, score or opponent		Any change in typical behavior or personality

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

In compliance with RCW 28A.600.190 Youth sports — Concussion and head injury guidelines — Injured athlete restrictions -Athletes with the signs and symptoms of concussion will 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. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of coaches, parents and students is the key for an athlete’s safety.

### What to do if you think your child has suffered a concussion:

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. 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. Medical clearance must be obtained by a licensed health care professionals (MD, DO, ARNP, PA or licensed athletic trainer). Close observation of the athlete should continue for several hours. You should also inform your child’s coach if you think that your child may have a concussion. Remember that it is better to miss one game than miss the whole season. And when in doubt, the athlete sits out. For current and up to date information on concussion you can go to: <http://www.cdc.gov/concussion/HeadsUp/youth.html>

----- Athlete name printed	----- Athlete name signed	----- date
----- Parent or Legal Guardian	----- Parent or Legal Guardian Signature	----- date