**Red Devil Softball Club**

**Concussion Form**

In accordance with Wisconsin’s Sidelined For safety Act 172, we the undersigned

acknowledge having received education about the signs, symptoms, and risks of sport-related concussion. We understand that students are prohibited from any participation

until this form is completed and returned to. I acknowledge my responsibility to report to my coaches, parent(s)/guardian(s) any signs or symptoms of a concussion and agree to abide by all of the concussion protocols.

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*(printed name of athlete, athlete’s signature, and date)*

I, the parent/guardian of the athlete named above, hereby acknowledge having

received education about the signs, symptoms, and risks of sport-related concussion

and agree to abide by all concussion protocols.

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*printed name of parent/guardian, parent’s signature, and date*

**Wisconsin’s Sidelined for Safety Act 172**

Under this act, at the beginning of the season individuals and parents/guardians of individuals participating in a

youth activity or organized athletic activity need to be provided with concussion and head injury information if they

wish to participate in that youth athletic activity. “No person may participate in a youth athletic activity unless the

person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent

or guardian.”

Also covered in this act: “An athletic coach, or official involved in a youth athletic activity, or health care provider

shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that

the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official,

or health care provider suspects the person has sustained a concussion or head injury.” If an individual is removed

from the activity, he/she “may not participate in a youth athletic activity until he or she is evaluated by a health care

provider and receives a written clearance to participate in the activity from the health care provider.”

For the entire Act 172, please visit the Wisconsin Legislature site at https://docs.legis.wisconsin.gov/2011/related/acts/172

**What is a Concussion and How Does It Occur?**

A concussion is a brain injury which interferes with normal brain function. This affects the way an individual

thinks, acts, behaves, and the physical skills needed to function on a daily basis. Each concussion is unique to each

person, but there are some common signs and symptoms to be aware of to determine if an individual has a

concussion.

A concussion can be caused by a bump, blot, jolt or fall to the head or body. When the head or body is bumped, hit,

etc. the force of that movement causes the brain to hit the sides of the skull or move and/or twist while inside the

skull. These movements change the way the physiology of the brain normally works. Even a mild blow to the head

of body can cause the brain to shift or move in the skull, thus injuring the brain.

**What are the Signs and Symptoms of a Concussion?**

Once a concussion is sustained, more signs and symptoms can develop in the next 24 hours, even in the next week.

The severity and side effects of this brain injury will vary depending on the individual. Concussion symptoms may

appear mild, but can lead to lifelong problems mentally, physically and psychologically if not managed correctly. A

person can have signs and symptoms of a concussion without the loss of consciousness. Symptoms of a concussion

can last for less than 1 day or up to 3 weeks or more.

Most of the time, images taken with a CT, MRI or CAT scan appear normal and do not show the physiologic

changes that occur to the brain with a concussion. Image studies are done to rule out other head injuries, such as

skull fractures.

**Signs and Symptoms of a Concussion**

**Thinking/Remembering Physical Emotional/Mood Sleep**

Difficulty Thinking Clearly, Head ache, Irritability, Sleeping more than usual

Feeling Slowed Down or Foggy, Fuzzy or Blurred Vision, Sadness or More Emotional, Sleeping Less than usual

Difficulty Concentrating or Focusing, Nausea or Vomiting, Nervousness, Trouble Falling Sleep

Amnesia, Dizziness, Anxiety, Can’t Stay Asleep

Difficulty Remembering New or Old Information

Sensitivity to Light or Noise, Slow to Respond or Easily Confused

Feeling Tired, Having No Energy, Dazed or Stunned in appearance

Decreased Balance and/or Coordination

**What to do if Someone has a Concussion**

*If the concussion occurs during an athletic activity, then the individual should be immediately pulled out of play.*

Staying in the activity with a concussion will make it worse. The rule of thumb if a concussion is suspected is

“When in doubt, sit them out”. Staying in an activity with a concussion will prolong symptoms and recovery time

and set the individual up for a more serious brain injury such as death, second impact syndrome or post-concussive

syndrome.

If it is suspected that an individual has a concussion, he/she should be removed from any and all activity and

evaluated by a medical professional trained in concussion management. Early evaluation and detection of a

concussion can speed the recovery process by ensuring proper management of a concussion. ***WI State Law***

***requires an immediate removal from activity and medical evaluation of an individual suspected of having a head injury.***

**Return to Play from Concussions**

***WI State Law requires medical clearance by a physician, physician’s assistant or nurse practitioner trained in concussion management before an individual can return to play.***

***A Gradual Return to Play Progression*** *(as outlined below)* ***before the individual may return to play is standard medical practice and will be used by the Red Devil Softball Club. This is a standard of care for concussions and other head injuries in the medical field.***

Once an individual is sign and symptoms-free for at least 24 hours and a medical professional trained in concussion

management has evaluated and cleared the person, a stepwise return to play progression can be started. Similar to

recovering from a bad ankle sprain, gradually introducing activity which increases heart rate to the brain ensure that

the brain is able to tolerate the increased activity. If at any point in time during the stepwise progression the person

has a return of symptoms, the person should stop the activity and contact the medical professional. It has been

shown that by completing a stepwise, gradual return to play progression the likelihood of sustaining another

concussion decreases. By performing a gradual return to play progression, the person is preventing further injury to

his/her brain.

**Returning to play before an individual is sign and symptom free can result in Post-Concussive Syndrome, 2nd**

**Impact Syndrome, or possibly Death. Returning too soon from a concussion can also leave an individual more**

**susceptible to further concussions. Please make sure the return to play progression is performed under the**

**direction of a medical provider trained in concussion management.**

**Information from this handout was taken from the following sites:**

Centers for Disease Control and Prevention (http://www.cdc.gov/concussion/sports/index.html)

WI Sports Concussion Collaborative (http://www.wisportsconcussion.org/)

WI Interscholastic Athletic Association (http://wiaawi.org/index.php?id=430)

National Federation of State High School Associations (http://www.nfhslearn.com/)

Milwaukee Journal Sentinel – Dr. Walters Interview

(<http://www.jsonline.com/multimedia/video/?bctid=1465030068001>)

* Kenosha Unified School District Athletics website. ([www.kusd.edu](http://www.kusd.edu))