



Cascade Little League Concussion Information Form



A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

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

If a youth athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt

Did You Know?

- Most concussions occur *without* loss of consciousness.
- Youth athletes who have, at any point in their lives, had a concussion have increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

to the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

| SIGNS OBSERVED BY COACHING STAFF | SYMPTOMS REPORTED BY YOUTH ATHLETES |
|---|--|
| Appears dazed or stunned | Headache or “pressure” in head |
| Is confused about assignment or position | Nausea or vomiting |
| Forgets an instruction | Balance problems or dizziness |
| Is unsure of game, score, or opponent | Double or blurry vision |
| Moves clumsily | Sensitivity to light |
| Answers questions slowly | Sensitivity to noise |
| Loses consciousness (<i>even briefly</i>) | Feeling sluggish, hazy, foggy, or groggy |
| Shows mood, behavior, or personality changes | Concentration or memory problems |
| Can't recall events <i>prior</i> to hit or fall | Confusion |
| Can't recall events <i>after</i> to hit or fall | Just not “feeling right” or “feeling down” |

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A youth athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD A YOUTH ATHLETE REPORT THEIR SYMPTOMS?

If a youth athlete has a concussion, his/her brain needs time to heal. While a youth athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in youth athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

WHAT SHOULD YOU DO IF YOU THINK YOUR YOUTH ATHLETE HAS A CONCUSSION?

If you suspect that a youth athlete has a concussion, remove the youth athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the youth athlete out of play the day of the injury and until a health care professional,

Remember

Concussions affect people differently. While most youth athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping a youth athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

CASCADE LITTLE LEAGUE CONCUSSION POLICY

A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time.

Close observation of the youth athlete should continue for several hours. Parent's shall inform the youth athlete's coach if they think their youth athlete suffered a concussion. It's better to miss one game than miss the whole season. When in doubt, the youth athlete sits out.

A youth athlete who is removed from play may not return to play until the youth athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider. The health care provider may be a volunteer.

I have reviewed this information on concussions and am aware that a release by a medical doctor is required before a youth athlete may return to play under this policy.

Youth Athlete Name Printed

Youth Athlete Signature

Date

Parent Name Printed

Parent Signature

Date

This form complies with the Revised Code of Washington sections 4.24.660 & 28A.600.190.

For more information on concussions, visit: www.cdc.gov/Concussion.