



Please review with your child. If you have more than one child in the league you, the parent, must review this document and answer the questions with each of your children.

Concussion Facts

A Fact Sheet for **Parents and Players:**

WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a "ding," also referred to as "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost. You can't see a 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 your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Players or Guardians

If your child 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
- * Can't recall events prior to hit or fall
- * Can't recall events after hit or fall

Symptoms Reported by 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"

HOW CAN YOU HELP PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourselves from concussion.

- * Ensure that you follow your coach's rules for safety and the rules of the sport.
- * Practice good sportsmanship at all times.
- * Always wear the right protective equipment you are issued (such as helmets, padding, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly. (Note: The helmet, while it helps, does not itself prevent concussions or other head injuries. Proper fundamentals, safe play, cannot be overemphasized.)
- * Learn the signs and symptoms of a concussion.



WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. **Keep your child out of play.** Concussions take time to heal. Do not return your child to play until a health care professional says it's OK. Children 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 your child for a lifetime.
3. **Tell your Coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

A quiz for Players and Parents:

Mark each question as True or False:

1. A concussion is a brain Injury?
TRUE ___ FALSE ___
2. Concussions can occur in any organized or unorganized recreational sport or activity?
TRUE ___ FALSE ___
3. You can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury?
TRUE ___ FALSE ___
4. Following a coach's rules for safety and the rules of the sport, practicing good sportsmanship at all times, and using the proper sports equipment are all ways that athletes can prevent concussion?
TRUE ___ FALSE ___
5. Concussions can be caused by a fall or by a bump or blow to the head or body?
TRUE ___ FALSE ___
6. Concussions can happen even if the athlete hasn't been knocked out or lost consciousness?
TRUE ___ FALSE ___



7. Nausea, headaches. Sensitivity to light or noise, and difficulty concentrating are some of the symptoms of a concussion?
TRUE ___ FALSE ___
8. Athletes who have a concussion should not return to play until they are symptom-free and have received approval from a Doctor or health care professional?
TRUE ___ FALSE ___
9. A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems?
TRUE ___ FALSE ___

I certify that my child and I have read the Parent/Player Fact Sheet on CONCUSSION IN YOUTH SPORTS above, and that I understand our responsibility to report any symptoms to the coach immediately and not to return to play until my child obtains written clearance from a licensed health care provider trained in the evaluation and management of brain.

Initial: _____

Please type in your full Name and the Players full name and birth date to indicate that you and your child have reviewed the required material

Players First Name: _____

Players Last Name: _____

Players Birth Date: _____

Parents Name: _____

Parents Signature: _____

Date: _____