

Silverdale Pee Wee Adult Association Concussion Information Acknowledgment Form

A concussion is a brain injury and all brain injuries are serious. They are generally 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.** In other words, even a “ding” or a bump on the head 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 • Amnesia
- “Pressure in head” • “Don’t feel right”
- Nausea or vomiting • Fatigue or low energy
- Neck pain • Sadness
- Balance problems or dizziness • Nervousness or anxiety
- Blurred, double or fuzzy vision • Irritability
- Sensitivity to light or noise • More emotional
- Feeling sluggish or slowed down • Confusion
- Feeling foggy or groggy • Concentration or memory problems
- Drowsiness (i.e., forgetting game plays)
- Change in sleep patterns • Repeating the same question/comment

Signs observed by teammates, parents and coaches may include:

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

Silverdale Pee Wee Adult Association
Concussion Information Acknowledgment Form

What can happen if my child keeps on playing with a concussion or returns to 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 may leave the athlete 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. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete safety.

If you think your child has suffered a concussion Any athlete 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. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires that "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"

And "...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider". You should also inform your child's coach if you think that your child may have a concussion Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out. In order to promote safe return to play. Also, in the event your son/daughter suffers a concussion during a practice or game the Coach/ Athletic Director will release child to the parent or legal guardian to be examined by a licensed practitioner. The child will not be allowed back to play without a doctors form signed and releasing the child to play. For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

- **It is the parents'/guardians' and athletes' responsibility to report all head injuries incurred outside school and WIAA sanctioned practices or contests to the Athletic Director.**
- **By signing below, I/we acknowledge having received and read this Concussion Information Acknowledgement Form.**
- **By my signature below, I/we further acknowledge that I/we understand and agree to the Silverdale Pee Wee Adult Association rule that no child is allowed to return to play until a doctor's release form has been signed and date and returned to the Athletic Director.**

Student-athlete	Name Printed Student-athlete Signature	Date
-----------------	--	------

Parent or Legal Guardian Printed	Parent or Legal Guardian Signature	Date
----------------------------------	------------------------------------	------

The following is a list of health care providers who can authorize the return of a player who has been removed by the officials from a game for exhibiting the symptoms of a concussion:

Medical Doctor (MD)

Doctor of Osteopathy (DO)

Advanced Registered Nurse Practitioner (ARNP)

Physicians Assistant (PA)

Licensed Certified Athletic trainer (AT/L)

For the player to be eligible to return, written permission from the health care provider (letterhead required) must be presented to the Referee prior to the players return.

If the player returns without written authorization the officials will leave the field.