



CONCUSSION INFORMATION ACKNOWLEDGEMENT FORM

The Rancho Simi Recreation and Park District is required by California state law to provide information to parents and participants about concussions and the risks related to head injuries including returning to activities too soon. Families participating in our youth sports program must be given an annual information sheet. Parents and players must sign and return an acknowledgement form before the child is permitted to participate in the program.

RSRPD has implemented a three component system to comply with California state law in regards to suspected concussions and head injuries:

1. Information on concussions and head injuries will be provided to all participants in our youth sports programs. RSRPD will provide and verify all coaches and staff have been trained in concussion and head injuries. Parents and players will receive a concussion information sheet to keep and review.

Any player that is suspected of sustaining a concussion or head injury is required to:

2. Be removed from the contest immediately and may not return to activity for the remainder of the day.
3. Any athlete that has been removed from play must follow the Return to Play protocol and receive written clearance from a medical professional or licensed health care provider trained in the evaluation and management of concussions before returning to activity.

Attached to this form is the Parent & Athlete Concussion Information Form. This is for your family to keep and discuss.

By signing this form, you are acknowledging you have received the attached document about concussions. It will be your responsibility to discuss with your child the signs, symptoms, and risks of a concussion in a manner your child can understand.

RSRPD staff and volunteers have taken the Concussion in Sports program or an equivalent concussion course. Parents are encouraged to take the FREE course by logging onto NFHSLearn.com.

We acknowledge receiving the Parent & Athlete Concussion Information Sheet.

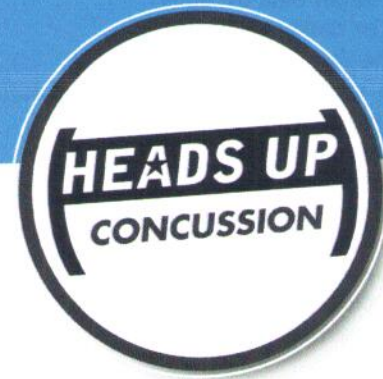
As a player I understand the risks of returning to play too soon. I promise to let my parents, coach, and teachers know if I am experiencing any symptoms.

Player's Name	Player's Signature	Date
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As a parent I understand the severity of concussions and know my responsibilities. I vow to keep our coach and teachers informed of any concussion-like symptoms my child may be experiencing/experienced.

Parent's Name	Parent's Signature	Date
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PARENT & ATHLETE CONCUSSION INFORMATION SHEET



WHAT IS A CONCUSSION?

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 quickly 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 an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

DID YOU KNOW?

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

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
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY COACHING STAFF:

- 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 mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

▶ **"IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON"**

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. An 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 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)

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

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete 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.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and 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.
3. Remember: Concussions affect people differently. While most 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.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an 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 young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED

STUDENT-ATHLETE NAME SIGNED

DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE

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HEADS UP

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION

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