

PLAYER/PARTICIPANT Continuation from Page 1 (please print clearly)

MUST READ & SIGN THIS SECTIONS BEFORE PARTICIPANT LISTED WILL BE ALLOWED TO PARTICIPATE

YOUTH PARTICIPANT UNDER 19:

As the Parent/Guardian of a youth participant, I agree that by signing this Form that I have received and read the Concussion Information Sheet below. In addition, I agree that if my child shows symptoms of a concussion or head injury that he/she is to be removed from the competition until such time that a healthcare professional can examine my child and provide written clearance to my Manager/Coach for my player to return to play soccer.

Participant's Last Name: _____ First: _____ Middle Initial: _____

X
REQUIRED Parent/guardian Signature of Participant Under 19 in Youth Activity _____ Date _____

CONCUSSION INFORMATIONAL SHEET (To learn more about concussion go to: www.cdc.gov/Concussion or call 1.800.CDC.INFO)

Know Your Concussion ABC's

- A**ccess the situation
- B**e alert for signs and symptoms
- C**ontact a health care professional

What Is A Concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head and can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

What Are The Signs And Symptoms Of A Concussion?

You can't see a concussion. Signs and symptoms of a concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness.

If your child or teen reports one or more of the symptoms of concussion listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

Signs And Symptoms Of A Concussion?

SIGNS OBSERVED BY OTHERS	SYMPTOMS REPORTED BY YOUR CHILD	
<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about events • Answers questions slowly • Repeats questions • Can't recall events prior to the hit, bump, or fall • Can't recall events after the hit, bump, or fall • Loses consciousness (even briefly) • Shows behavior or personality changes • Forgets class schedule or assignments 	<p>Thinking/Remembering:</p> <ul style="list-style-type: none"> • Difficulty thinking clearly • Difficulty concentrating or remembering • Feeling more slowed down • Feeling sluggish, hazy, foggy, or groggy <p>Physical:</p> <ul style="list-style-type: none"> • Headache or "pressure" in head • Nausea or vomiting • Balance problems or dizziness • Fatigue or feeling tired • Blurry or double vision • Sensitivity to light or noise • Numbness or tingling • Does not "feel right" 	<p>Emotional:</p> <ul style="list-style-type: none"> • Irritable • Sad • More emotional than usual • Nervous <p>Sleep*:</p> <ul style="list-style-type: none"> • Drowsy • Sleeps less than usual • Sleeps more than usual • Has trouble falling asleep <p>*Only ask about sleep symptoms if the injury occurred on a prior day.</p>

DANGER SIGNS: Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • One pupil (the black part in the middle of the eye) larger than the other • Difficult to arouse • Severe headache or worsening headache • Weakness, numbness, or decreased coordination • Repeated vomiting or nausea • Slurred speech | <ul style="list-style-type: none"> • Convulsions or seizures • Difficulty recognizing people or places • Increasing confusion, restlessness, or agitation • Unusual behavior • Loss of consciousness (even a brief loss of consciousness should be taken seriously) |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Children and teens with a concussion should NEVER return to sports or recreation activities on the same day the injury occurred. They cannot return to their activities until a health care provider experienced in evaluating for concussion says they are symptom-free and provide written clearance to your coach in order to return to activity.

What should I do if my child or teen has a concussion?

1. **Seek medical attention.** A health care provider experienced in evaluating for concussions can direct concussion management and review when it is safe for your child to return to normal activities, including school (concentration and learning activities) and physical activity. If your child or teen has been removed from a youth athletic activity because of a suspected concussion or head injury, they may not participate again until he/she is evaluated by a health care provider and receives written clearance to participate in the activity from the health care provider.
2. Help them take time to get better. If your child or teen has a concussion, her or his brain needs time to heal. Your child or teen should limit activities while he/she is recovering from a concussion. Exercising or doing activities that involve a lot of concentration, such as studying, using a computer, texting, or playing video games may worsen or prolong concussion symptoms (such as headache or tiredness). Rest will help your child recover more quickly. Your child may become upset that he/she cannot participate in activities.
3. Together with your child or teen, learn more about concussions. Talk about the potential long-term effects of concussion and the problems caused by returning to daily activities too quickly (especially physical activity and learning/concentration).
4. Help your child or teen get support by contacting school officials and/or health care provider during the transition of recovery.

Sources: adapted materials from the WIAA, WI Department of Public Instruction, and U.S. Department of Health and Human Services Centers for Disease Control and Prevention.