

City of Port Washington Concussion Acknowledgement

Completion of the registration process by a parent or guardian on requires confirmation that the parent/guardian completing the registration has reviewed the Concussion and Head Injury education below and that they understand the symptoms and warning signs of a Concussion and Head Injury.

An electronic form of the City of Port Washington Concussion Acknowledgement Form is included electronically in the Online Registration process, therefore a separate signed hard copy of this form is not needed, but all mail-in or in-person registrations will require a signed hard copy of the Concussion Acknowledgement form submitted to the Parks and Rec Office before their child begins practicing and playing.

AWARENESS INFORMATION:

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” or what seems to be a mild bump or blow to the head can be serious. Symptoms of a 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 a concussion listed below after a bump, blow, or jolt to the head or body, she/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for a concussion, says she/he is symptom-free and it’s okay to return to play.

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

SYMPTOMS REPORTED BY ATHLETES

- 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

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Confusion

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. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body she/he exhibits any of the following danger signs:

- Convulsions, seizures, or slurred speech
- Cannot recognize people or places
- Becomes increasingly confused or agitated
- Has unusual behavior
- Loses consciousness for any amount of time
- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting nausea

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 she/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.

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

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 a concussion, says she/he is symptom-free and is okay to return to play. 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, 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.

As a parent and as an athlete it is important to recognize the signs, symptoms, and behaviors of concussions. By signing this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury. This form has been reformatted from the Center of Disease Control's Heads Up Concussion in Youth Sports Program. Please visit www.dcd.gov/concussion/HeadsUp/youth.html for more information.

Date: _____

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Parent Signature: _____