

HEADS UP CONCUSSION

Parent & Athlete Concussion Information Sheet

Source: Michigan Department of Community Health

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 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.

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 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

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, glow or jolt to the head or body if s/he exhibits any of the following danger signs:

- One pupil is 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)

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.

"It's better to miss one game than a whole season"

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.

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 its 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.

JOIN THE CONVERSATION: www.facebook.com/CDCHeadsUp

To learn more got to : www.cdc.gov/concussion

HEADS UP CONCUSSION

Parent & Athlete Signature Page

This form acknowledges that Dorr Recreation has provided the Michigan Department of Community Health "Heads Up Concussion" information. The below signature also provides validation that the parent and athlete have read the material regarding concussion.

Only one form needs to be filled out for each participant. The form applies to all programs within Dorr Recreation for the longevity of their participation. Dorr Recreation will retain a copy for each participant to adhere to Michigan Sports Concussion Law.

STUDENT-ATHLETE NAME PRINTED

STUDENT-ATHLETE NAME SIGNED

DATE

INDEMNITY AND HOLD HARMLESS AGREEMENT

Agreement Regarding Liability

I _____ (Parent/Legal Guardian) hereby give my permission for _____ (Participant Name) to participate in DORR RECREATION SPORTS PROGRAMS, volunteer programs that are part of Dorr Recreation.

I (we) the undersigned, do hereby agree and contract to INDEMNIFY AND HOLD HARMLESS, DORR RECREATION SPORTS PROGRAMS and Dorr Recreation, and any and/or all Rocket coaches, assistant coaches, field directors, board members, teammates and players for any and/or all injuries incurred to my child. The INDEMNITY AND HOLD HARMLESS AGREEMENT however, shall not bar actions for intentional gross or wanton negligence.

If I (we) or my above named child and his/her heirs, executors or assigns, bring any legal action against any of the aforementioned individuals and/or organization(s), I (we) agree to indemnify the aforementioned individuals and organization(s) for and/or liability and/or costs and/or expenses they may incur. This specifically includes indemnity for all attorney expenses, legal expenses, costs, including any amount of settlement, or the amount of any jury verdict.

The undersigned warrants that no promise or inducement has been offered except as herein set forth; THIS IS AN INDEMNITY AND HOLD HARMLESS AGREEMENT; the undersigned is of legal age, is legally competent, and has legal custody of the aforementioned child.

This is not a recital and this INDEMNITY AND HOLD HARMLESS AGREEMENT contains the entire agreement.

I (WE) HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I (WE) HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

PARENT/LEGAL GUARDIAN SIGNATURE

DATE

