



# Parental Information & Consent Form

## Concussion Awareness

### WHAT IS A CONCUSSION?

A concussion is a brain injury and all brain injuries are serious. They are 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
- “Pressure in Head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double or fuzz vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
- Repeating the same question/comment

### SIGNS OBSERVED BY TEAMMATES, PARENTS AND COACHES INCLUDE:

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

**WHAT CAN HAPPEN IF MY CHILD KEEPS ON PLAYING WITH A CONCUSSION OR RETURNS TOO 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 leaves the young athlete especially 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 athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and players is the key for player safety.

**IF YOU THINK YOUR CHILD HAS SUFFERED A CONCUSSION:**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. It is Montana Youth Soccer Policy that 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.

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.

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

**CONSENT**

PLAYER NAME PRINTED	PLAYER SIGNATURE	DATE
PARENT / LEGAL GUARDIAN NAME PRINTED	PARENT / LEGAL GUARDIAN SIGNATURE	DATE