

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

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

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)

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.

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.

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

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2016 Heather Down's Swim Team / Swim Lessons
Concussion Family Acknowledgement

HDCPA Disclaimer
Concussion Family Acknowledgement

Heather Downs Community Pool Association, its officials, directors, agents, employees, instructors, volunteers and representatives (hereafter referred to as HDCPA) are not responsible for any injury, loss or damage of any kind sustained by any person while utilizing the HDCPA swimming pool amenities. Warning: There are obvious known dangers inherent in swimming activities which could result in a near drowning, and in some cases, death. We agree to familiarize our family with the rules of HDCPA swimming pool and agree to abide by them. We understand that HDCPA retains the right to suspend or expel swimming pool users from the swimming pool amenities for failure to comply with the pool rules.

We hereby consent that the videotapes, photographs, motion pictures, electronic images and/or audio recordings taken of our family while at HDCPA or pool sponsored events, may be used by HDCPA for Public Relations and Publicity purposes.

In the event of an emergency, every effort will be made to contact a parent/guardian or emergency contact. If no contact can be made, we hereby give authorization to HDCPA to seek medical treatment for my child and/or dependent minor.

Additionally we acknowledge receipt of educational materials on concussions and their consequences. This Concussion Acknowledgement covers all children identified to the right in the Swim Team Payment Summary.

Parents Must Sign and Return the Acknowledgement. Signed statements shall be maintained in a permanent file for the duration of the youth athlete's participation in the athletic activity or until the youth athlete is 18 years of age.

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE

***Payment and signed concussion form
is due on or before the first scheduled practice date.***