



Parent/Participant Concussion Information Sheet

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, “getting your bell rung”, or what seems to be a mild bump or blow to the head can be serious.

THE SIGNS AND SYMPTOMS OF CONCUSSION AS OBSERVED BY STAFF:

1. Appears dazed or stunned; is confused about assignment or position
2. Forgets an instruction or is unsure of game, score, or opponent
3. Moves clumsily
4. Answers questions slowly
5. Loses consciousness (even briefly)
6. Exhibits mood, behavior, or personality changes
7. Cannot recall events prior to hit or fall
8. Cannot recall events after hit or fall

THE SYMPTOMS OF CONCUSSION AS REPORTED BY PARTICIPANT:

1. Headache or pressure in head
2. Nausea or vomiting
3. Balance problems or dizziness
4. Double vision or blurry vision
5. Sensitivity to light
6. Sensitivity to noise
7. Feeling sluggish, hazy, foggy or groggy
8. Concentration or memory problems
9. Confusion
10. Just not feeling right or feeling down

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A PARTICIPANT SHOULD RECEIVE IMMEDIATE MEDICAL ATTENTION IF S/HE EXHIBITS ANY OF THE FOLLOWING DANGER SIGNS AFTER A BUMP, BLOW OR JOLT TO THE BODY:

1. One pupil is larger than the other
2. Is drowsy or cannot be awakened
3. A headache that not only does not diminish, but worsens
4. Weakness, numbness, or decreased coordination
5. Repeated vomiting or nausea
6. Slurred speech
7. Convulsions or seizures
8. Cannot recognize people or places
9. Becomes increasingly confused, restless or agitated
10. Has unusual behavior
11. Loses consciousness (even a brief loss of consciousness should be taken seriously)

If a participant has a concussion, his/her brain needs time to heal. While a participant’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 brain damage, or even prove fatal.

A concussion is a brain injury, which should be reported to parents, coach(es), or a medical professional.

A concussion can affect the ability to perform everyday activities such as balance, thinking ability and classroom performance.

A concussion cannot be seen. Some symptoms might be present right away; however other symptoms can show up hours or days after an injury.

The participant will be removed from play or practice and cannot return to play in a game or practice if a hit to their head or body causes any concussion-related symptoms.

I have read the concussion symptoms and understand that if my child in a game or practice receives a hit to their head or body that causes any concussion-related symptoms they will be removed from play or practice and may not return until they have been cleared by a licensed health care professional.

The child will need written permission and a copy of the permission slip will need to be turned in to the coach and the YMCA before they can resume practice or play.