



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

YMCA OF THE NORTHWOODS CONCUSSION FACT SHEET & PARENT AGREEMENT

WHAT IS A CONCUSSION?

A concussion is an injury that changes how brain cells normally work. A concussion is caused by a blow to the head or body that caused the brain to move rapidly inside the skull. Concussion can also result from a fall or from two players colliding with one another or a stationary object. Most concussions occur without a loss of consciousness and can occur in any sport.

HOW TO RECOGNIZE A CONCUSSION?

Remember, "When in doubt, hold them out." To recognize a concussion watch for the following things: a forceful blow to the head or body that results in rapid head movement and any change in the athlete's behavior, judgment, or physical functioning.

Signs Observed by Parents:

- Appear dazed or stunned
- Confusion about assignment or position
- Forgets an instruction
- Is unsure of game or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Demonstrates behavior of personality changes
- Can't recall events prior to and/or after hit/fall

Symptoms Reported by Athlete:

- Headache or "pressure" head
- Nausea or vomiting
- Balance or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Sluggish, hazy, foggy, or groggy feelings
- Concentration or memory problems
- Confusion

HOW TO HELP PREVENT A CONCUSSION?

Every sport is different, but ensure that your athlete follows the coach's rules for safety and rules of sport. Encourage your child to practice good sportsmanship at all times.

WHAT TO DO IF YOU SUSPECT A CONCUSSION?

- Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe your child to return to the sport.
- Keep your child out of play. Concussions take time to heal. Do not allow your child to return to the game or practice until a health care professional gives permission.
- Tell your child's coach about any recent concussion. Coaches need to know if a child has had a recent concussion in any sport.

I have **read** the Parent Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected. I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me. After a concussion, I will not return my child to play until permission is granted by a healthcare professional. I understand the possible consequences of my child returning to practice/play too soon.

Child's Name	Sports	Parent or Guardian's Signature	Date
Address		Phone Number	

One form must be signed for each player and each sport.

Related to Concussion Law 2011, Wisconsin Act 172. Information provided by Wisconsin Department of Instruction & US CDC.
 For more detailed information on concussion, visit www.cdc.gov/concussion