



2197 Chase Drive
Rancho Cordova, CA 95670
916-369-9844

PARENT/GUARDIAN CONCUSSION AWARENESS FORM

A concussion is a brain injury 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. 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/player 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:

- Headache that won’t go away
- Appears dazed, stunned or disoriented
- Nausea/vomiting
- Exhibits difficulties with balance or coordination
- Balance problems, dizziness or light-headed
- Answers questions slowly or inaccurately
- Double/blurred vision or changes in vision
- Loss of consciousness
- Sensitivity to light or sound/noise
- Demonstrates behavior or personality changes
- Feeling of sluggishness, foggy or lack of energy
- Is unable to recall events prior to or after the hit
- Difficulty with concentration, short-term memory and/or confusion
- Forgets plays or demonstrates short-term memory difficulties (e.g. is unsure of the game, score or opponent)
- Irritability or agitation
- Depression or anxiety

What can happen if my child/player keeps on playing with a concussion or returns too soon?

Participants with the signs and symptoms of concussion should be removed from play immediately. No participant should return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear. Continuing to play with the signs and symptoms of a concussion leaves the participant vulnerable to greater injury if they receive another concussion before they have completely recovered 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 athletes will often under report symptoms of injuries, and concussions are no different.

If you think your child/player has suffered a concussion

Any participant even suspected of suffering a concussion should be removed from the game or practice immediately. No participant should return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear. An participant who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and may not return to play until the participant is evaluated by a medical doctor or doctor of Osteopathy, trained in the evaluation and management of concussion and received written clearance with return to play guidelines from that health care provider. You should also inform your child's coach, program coordinator and program supervisor if you think that your child/player may have a concussion. *When in doubt, the participant sits out.*

For more information please visit <https://www.cdc.gov/headsup/index.html>



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Parent/Guardian: Retain pages 1 & 2, return page 3 to coaches.

Cordova Recreation and Park District Concussion Policy: Any participant who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from the contest and their parent will be updated. If confirmed the player has a concussion, the player shall not return to play with CRPD until a medical release is issued by a “healthcare provider” including a licensed physician or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant or certified athletic trainer who has received training in concussion evaluation and management.

I have reviewed this information on concussion. Should a participant have a concussion, I am aware that a release by a ‘healthcare provider’ is required before they may return to play under this policy.

Participants Name Printed and Birthdate

Parent/Guardians Printed Name

Parent/Guardians Signature

Cordova Blue Marlins Swim Team

Date

CRPD Program Title