

**St. Anthony's CYO Volleyball & Basketball
Medical Waiver & Concussion Information Form**
Please print legibly.

Player Name(s) & Medical Information	
Player1's full name (First Last)	
Player1's date of birth (MM/DD/YYYY)	
Player1's Allergies and/or Medical Conditions	
Player1's Medications	
Player1 Date of Last Tetanus Booster	
Player 2's full name First Last), as applicable	
Player2's date of birth (MM/DD/YYYY)	
Player2's Allergies and/or Medical Conditions	
Player2's Medications	
Player2 Date of Last Tetanus Booster	
Player 3's full name (First Last), as applicable	
Player3's date of birth (MM/DD/YYYY)	
Player3's Allergies and/or Medical Conditions	
Player3's Medications	
Player3 Date of Last Tetanus Booster	
Parent / Emergency Contact Information	
Parent/Guardian Full Name (First Last)	
Parent/Guardian Phone Number (Area Code + Phone)	
Parent/Guardian Email Address	
Second Parent Guardian Full Name (First Last)	
Second Parent/Guardian Phone Number (Area Code + Phone)	
Second Parent/Guardian Email Address	
Other Adult Emergency Contact Full Name, as applicable	
Other Adult Emergency Contact Name Phone Number (Area Code + Phone)	

Physician & Medical Insurance Information	
Family Primary Physician's Name (First Last)	
Physician's Phone Number (Area Code + Phone)	
Medical Insurance Carrier (Company Name)	
Medical Insurance Policy #	
Concussion Information	

Archdiocese of San Francisco CYO Athletics - Concussion Information

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung", or what seems to be a mild bump or blow to the head can be serious. You can't see a 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 your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Symptoms observed by coach or parent

If your child has experienced a bump or blow to the head, look for any of the following signs and symptoms of a concussion:

- 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 behavior or personality changes
- Can't recall events prior to or after hit or fall

Symptoms reported by player

- 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
- Does not "feel right"

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly. *Note: Protective equipment cannot prevent all injuries a player might receive while participating in athletic activities.*
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS 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 for your child to return to sports.
- Keep your child out of play. Concussions take time to heal. Don't let your child return to play until a health care professional says it's okay. Children who return to play too soon - while the brain is still healing - risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent damage, affecting your child for a lifetime.
- Tell your child's coach about any recent concussion. Coaches should know if your child had a recent concussion, regardless of how or where the injury occurred. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell him/her.

WHAT IS THE PROCEDURE FOR A SUSPECTED CONCUSSION?

- Any athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from the activity immediately, and for the remainder of the day.
- Any athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion, and until the League has received a written clearance from the health care provider stating that the athlete may return to play.

**PLEASE, LET YOUR CHILD'S COACH KNOW RIGHT AWAY
IF YOU SUSPECT YOUR CHILD HAS A CONCUSSION.**

*Adapted from the CDC. For more information you can go to:
<http://www.cdc.gov/ConcussionInYouthSports>*

Consent & Release

I/we hereby grant consent to any and all health care providers to administer any necessary medical care as a result of injury/illness while my child(ren) is/are participating in St. Anthony's CYO activities. This consent includes administration of First Aid and transportation to/from health care providers, as deemed necessary.

Additionally, I /we have read and understand the information on the Archdiocese of San Francisco CYO Athletics Concussion Information Sheet.

Parent / Legal Guardian Name, Printed	
Signature of Parent / Legal Guardian	
Date Signed (MM/DD/YYYY)	

Please submit a completed and signed hard copy of this entire document at tryouts. It is recommended that you also keep a copy for your records.