

Heartland Soccer Club: NYSA Concussion Information and Waiver

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. 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 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 listed below after a bump, blow or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care provider* says s/he is symptom-free and it's OK to return to play. *Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.

SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- In 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

SYMPTOMS REPORTED BY ATHLETES:

- 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 'feeling down'

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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. A player should receive immediate medical attention if after a bump, blow, or jolt to the head or body the player exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but 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)

WHY SHOULD A PLAYER REPORT THEIR SYMPTOMS?

If a player has a concussion, the brain needs time to heal. While a player's brain is still healing, they are much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young players can result in brain swelling or permanent damage to their brain. They can even be fatal.

WHAT SHOULD YOU DO IF YOU THINK YOUR PLAYER HAS A CONCUSSION?

If you suspect that a player has a concussion, remove the player from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the player out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says the player is symptom-free and it is OK to return to play.

Rest is key to helping a player recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or 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.

IF A PLAYER IS DIAGNOSED WITH A CONCUSSION, A PHYSICIAN NOTE IS REQUIRED BY HSC: NYSA BEFORE THE PLAYER MAY RETURN TO PRACTICE OR GAME PLAY.

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.

I CONFIRM THAT I HAVE READ ALL THE ABOVE CONCUSSION INFORMATION AND HAVE DISCUSSED IT WITH MY PLAYER.