



## CONCUSSION MANAGEMENT IN YOUTH SPORTS

The Columbia Empire Region of USA Volleyball (CEVA) serves Oregon and SW Washington. Each state has passed legislation requiring players, coaches, and parents to be informed of the risks of concussion before participating in sports activities (the Lystedt Law in Washington, Jenna's Law in Oregon). These laws also require annual training for coaches, volunteers, and officials.

A concussion is a brain injury. All brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and disrupt the way the brain functions. Even though most concussions are mild, all concussions are serious and may result in complications, including prolonged brain damage and death, if not recognized and managed properly. You can't see a concussion and most sports concussions occur without a loss of consciousness. Symptoms may appear right after the injury or hours or days later. If your child reports symptoms of concussion, or if you notice symptoms yourself, seek medical attention immediately.

### **Symptoms of concussion may include one or more of the following:**

- Headaches or pressure in head
- Nausea or vomiting
- Neck pain
- Fatigue/low energy/sluggishness
- Sensitivity to light or noise
- Drowsiness
- Amnesia/change in sleep patterns
- Doesn't "feel right"
- Confusion/memory problems
- Repeating questions or comments
- Nervousness/anxiety/sadness
- Irritability or feeling more emotional
- Balance problems/dizziness
- Blurred or double vision
- Feeling foggy or groggy

### **Signs of concussion may include one or more of the following:**

- Appears dazed or confused
- Confused about assignment
- Unsure of game, score, opponent
- Displays incoordination
- Can't recall what happened before
- Behavior or personality changes
- Seizures or convulsions
- Vacant/blank facial expression
- Slow answers to questions
- Slurred speech
- Moves clumsily
- Loss of consciousness

### **Athletes displaying signs or symptoms of a concussion should be removed from play immediately.**

Continuing to play leaves a young athlete vulnerable to greater injury. There is an increased risk of significant damage for a period of time after the concussion occurs, particularly if another concussion occurs before the athlete fully recovers from a previous one. This can lead to a longer recovery time, swelling of the brain, and other long-term consequences. We know many athletes will not fully report symptoms they're experiencing; therefore, the education of administrators, coaches, parents, officials, and athletes is key to protecting the safety of all participants. Coaches are often the most important line of defense and protection for athletes. When a concussion is suspected or when an athlete shows signs, they should not be allowed to return to play until a written medical clearance is received from a licensed health care provider on behalf of the athlete.

### **Parents who believe their athlete has suffered a concussion should inform the team's coach or club director immediately.**

Athletes may not return to activity, regardless of the severity of a suspected concussion, without medical clearance. This should include an evaluation by a licensed health care provider trained in the evaluation and management of concussions. Written clearance must be obtained from that health care provider prior to allowing the athlete to return to play.

**More information & training can be found here:** <http://www.cdc.gov/HeadsUp/index.html>



## SUDDEN CARDIAC ARREST IN YOUTH SPORTS

Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, which causes the heart to stop beating and physical collapse of the victim. SCA is one of the leading causes of death in the USA each year, which over 300,000 victims annually. It is also a leading cause of sudden death in youth sports athletes.

SCA is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited and can develop as an adolescent or young adult. It's more likely during exercise or physical activity, placing athletes with undiagnosed heart conditions at higher risk. SCA can also be caused by a direct blow to the chest by a firm projectile or by chest contact from another player.

While a heart condition may have no warning signs, young athletes may have symptoms by neglect to tell an adult.

### **Symptoms of sudden cardiac arrest may include one or more of the following:**

- Passing out during exercise
- Heart palpitations
- Chest pain during exercise
- Unexplained seizures
- Shortness of breath during exercise
- Family history of heart disease

Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. All schools and teams should be prepared to a cardiac emergency. Athletes suffering from SCA are collapsed and unresponsive, and may appear to have brief seizure-like activity or abnormal breathing. SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that can read and analyze the heart rhythm, and provide an electric shock if necessary to restore normal heart rhythm.

**To save a life:** recognize the signs and symptoms of SCA; call 911; begin CPR; use an AED as soon as possible. Continue care until EMS arrives.



**ACKNOWLEDGEMENT FORM – CONCUSSION MANAGEMENT & SUDDEN CARDIAC ARREST**

Player and family education in the areas of concussion management and sudden cardiac arrest is vital to providing a safe and enjoyable atmosphere at our events. Please refer to this information regularly.

This acknowledgement form will be completed electronically signed annually by all participants. By completing or signing this form, the participant acknowledges the following:

- 1) I have been provided with information on concussions in youth sports in compliance with the Lystedt Law or Jenna’s Law.
- 2) I understand this form must be signed and completed prior to my participation in practices or any competition, regardless of my role as a coach, player, administrator, volunteer, or official.
- 3) I understand and acknowledge that participation in any athletic activity carries inherent risks of injury, permanent disability, or death.
- 4) If I am a coach or other adult participant, I understand that if any player or participant is suspected of suffering a concussion or brain injury, they shall be removed from play and not returned until medical clearance is received.
- 5) If I am a coach or other adult participant, I acknowledge that I have completed an annual training on concussion management through the CDC or NFHS.
- 6) If I am a parent/guardian of a player, I acknowledge I have been provided information regarding concussion management, and I acknowledge I shall seek clearance by a medical professional before allowing my athlete to return to play.
- 7) I acknowledge I have been provided information regarding sudden cardiac arrest (SCA).

**PARENT/GUARDIAN & ATHLETE ACKNOWLEDGEMENT (FOR JUNIOR PARTICIPANTS)**

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Athlete Signature	Athlete Printed Name	Date
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Parent/Guardian Signature	Parent/Guardian Printed Name	Date
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**COACH OR ADULT PARTICIPANT ACKNOWLEDGEMENT**

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Participant Signature	Participant Printed Name	Date
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