



# Valley Wolfpack Football & Cheerleading Association

## Parent/Player Concussion & Sudden Cardiac Arrest Information & Acknowledgement Form

A concussion is a brain injury and all brain injuries are serious. They are 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 complication including prolonged brain damage and death if not recognized and managed properly.

You can't see 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 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:

- ▶▶ Headaches
- ▶▶ Nausea or vomiting
- ▶▶ Neck pain
- ▶▶ Irritability
- ▶▶ Confusion
- ▶▶ Amnesia
- ▶▶ Feeling groggy
- ▶▶ "Don't feel right"
- ▶▶ Sadness
- ▶▶ Nervousness or anxiety
- ▶▶ Emotional
- ▶▶ Drowsiness
- ▶▶ Change or sleep patterns
- ▶▶ Feeling sluggish or slowed
- ▶▶ "Pressure in head"
- ▶▶ Fatigue or low energy
- ▶▶ Balance Problems or dizziness
- ▶▶ Blurred/Double/Fuzzy vision
- ▶▶ Sensitivity to light or noise
- ▶▶ Concentration or memory problems
- ▶▶ Repeating oneself

### What can happen if my child keeps playing with a concussion or returns to play too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even 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, As a result, education of coaches, parents and students is the key for an athlete's safety.

### What to do if you think your child has suffered a concussion:

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly the symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think that your child may have a concussion. Remember that it is better to miss one game than the whole season. When in doubt the athlete sits out! For current and up to date information on concussions, you may go to:

[http://www.cdc.gov/headsup/basics/concussion\\_symptoms.html](http://www.cdc.gov/headsup/basics/concussion_symptoms.html)

Over →

I have read and understood VFCA's Concussion & Sudden Cardiac Arrest Information & Acknowledgement Form

Parent Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Player Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Sudden Cardiac Arrest (SCA)

### Information Sheet

for Athletes, Coaches Parents/Guardians

SSB 5083 ~ SCA Awareness Act



**What is sudden cardiac arrest?** Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

**SCA is also the leading cause of sudden death in young athletes during sports**


**What causes sudden cardiac arrest?** SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (football, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

**How to prevent and treat sudden cardiac arrest?** Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

**Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!**



**Cardiac 3-Minute Drill**

- 1. RECOGNIZE Sudden Cardiac Arrest**
  - Collapsed and unresponsive
  - Abnormal breathing
  - Seizure-like activity
- 2. CALL 9-1-1**
  - Call for help and for an AED
- 3. CPR**
  - Begin chest compressions
  - Push hard/ push fast (100 per minute)
- 4. AED**
  - Use AED as soon as possible
- 5. CONTINUE CARE**
  - Continue CPR and AED until EMS arrives



**Be Prepared!  
Every Second Counts!**

