



Concussion Statement of Understanding

This information is intended to help you protect your child from concussion or other serious brain injury. By acknowledging this form, you confirm that you have read this information, understand that concussions are a risk associated with organized sports, and that you will use this information at your child's games and practices to learn how to spot a concussion and to understand what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your child's chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
- Work with their coach to teach ways to lower the chances of getting a concussion.
- Talk with your child about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.
- Have your child's baseline established prior to participation in sport by going to a facility that performs ImPACT Testing. This testing is inexpensive and will allow physicians to better diagnose whether your child suffers a concussion in the event of a future injury. ImPACT Testing is offered locally at the Orthopedic Center of the Rockies, Concussion Clinic.

How Can I Spot a Possible Concussion?

Children who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury. Signs Observed by Parents or Coaches may include:

- Appears dazed or stunned.

- Forgets an instruction, is confused about an assignment or position, or is unsure of the 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 or after a hit or fall.

Symptoms Reported by Children may include:

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

Prior to participation in any sport, you should talk with your child about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children think concussions aren't serious or worry that if they report a concussion, they will lose their position on the team or look weak. Be sure to remind them that it's better to miss one or two games than the whole season. Concussions affect each child differently. While most children with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children or teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

Children who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing— have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child for a lifetime. It can even be fatal.

What Should I Do if My Child or Teen Has a Possible Concussion?

As a parent, if you think your child may have a concussion, you are responsible to:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child should be seen by a health care provider and may only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.
4. Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. The brain needs time to heal after a concussion. A child or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

By acknowledging this form, I agree that I have carefully read the Concussion Statement of Understanding and the accompanying Liability Release and Assumption of Risk document, am aware of the potential hazards, and have had any questions answered to my satisfaction, and hereby knowingly and voluntarily assume all risks and responsibility for my child's participation in this activity. I acknowledge that I am fully aware of the legal consequences of signing this instrument, and sign it as my free and voluntary act.

Printed Name

Signature

Date

Player(s) Name

Relationship to Player(s)