



## Concussion Information & Consent Form

### What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump or jolt to the head. Concussions can also occur from a blow to the body that causes the head move rapidly back and forth. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly. Enfield Girls Softball Association (EGSA) adheres to concussion protocols as recommended by the Center for Disease Control (CDC).

### What are the signs and symptoms of a concussion?

Children are among those at greatest risk for concussion. Most concussions occur without loss of consciousness. Symptoms may occur immediately, or may not appear until days after the injury. The majority of concussions are not reported by the athlete as such it is important to monitor your child for abnormal changes in activity and emotions. If you notice any of the symptoms listed below, seek medical attention right away.

- Loses consciousness (even briefly)
- Appears dazed or stunned
- Is confused about events
- Repeats questions or answers questions slowly
- Does not “feel right”
- Feeling sluggish, hazy, foggy, or groggy
- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- More emotional than usual
- Has trouble falling asleep

Be alert for symptoms that worsen over time. Your child should be seen in an emergency department right away if they have:

- One pupil (the black part in the middle of the eye) larger than the other
- Difficult to arouse
- Severe headache or worsening headache
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Children with a suspected concussion should not return to athletic activity until a health care provider says they are symptom-free and provides written clearance to return to activity.

### What should I do if my child has a concussion?

1. Seek medical attention right away. A health care provider experienced in evaluating for concussions can direct concussion management and review when it is safe for your child to return to normal activities, including school (concentration and learning) and physical activity. If your child has been removed from a youth athletic activity because of a suspected or confirmed concussion or head injury, they may not participate again until he/she is evaluated by a health care provider and receives written clearance to participate in the activity from the health care provider.

2. Help them take time to get better. If your child has a concussion, their brain needs time to heal. Your child should limit activities while recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, using a computer, texting, or playing video games may worsen or prolong concussion symptoms (such as headache or tiredness). Rest will help your child recover more quickly. Your child may become upset that he/she cannot participate in activities.

3. Together with your child, learn more about concussions. Talk about the potential long-term effects of concussion and the problems caused by returning too soon to daily activities too quickly (especially physical activity and learning/concentration). More information can be found at [www.cdc.gov/concussion](http://www.cdc.gov/concussion)

### PARENT AGREEMENT

**As a Parent and as an Athlete it is important to recognize the signs, symptoms, and behaviors of concussions.**

By signing this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury.

**Parent Agreement:**

I \_\_\_\_\_ have **read** the above Concussion Information and **understand** what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected.

I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me.

I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach.

I understand the possible consequences of my child returning to practice/play too soon.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_