



NORTH CREEK JAGUARS
NORTH CREEK JUNIOR FOOTBALL
Concussion Information Sheet



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 complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a 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	“Pressure in head”	Nausea/vomiting	Neck pain	Balance problems or dizziness
Blurred or double vision	Sensitive to light or noise	Drowsiness	Amnesia	Feels sluggish or slowed down
Feeling foggy or groggy	Changes in sleep patterns	Fatigue/no energy	Sadness	Mood/emotional changes
Nervousness or anxiety	Concentration problems	Memory problems	Confusion	Repeats same question/comments

Signs observed by teammates, parents, or coaches may include that the athlete:

Appears dazed or confused	Has a vacant facial expression (“blank stare”)	Is unsure of events of game, score, opponent
Confused about assignment	Moves clumsily/appears uncoordinated	Can’t recall events from before the injury
Has slurred speech	Answers questions slowly or can’t answer	Can’t recall events from after the injury
Loses Consciousness	Has seizures or convulsions	Shows behavior or personality changes

What can happen if my child keeps on playing with a concussion or returns 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 to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

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 symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time” **and** “...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider.”

You should also inform your child’s coach if you think that your child may have a concussion. Remember, it’s better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

RETURN TO PARTICIPATION PROTOCOL

If your child has been diagnosed with a concussion they MUST follow a progressive return to participation protocol (under the supervision of an approved health care provider) before full participation is authorized.

The return to play protocol may not begin until the participant is no longer showing signs or symptoms of concussion. Once symptom free, the athlete may begin a progressive return to play. This progression begins with light aerobic exercise only to increase the heart rate (5-10 minutes of light jog or exercise bike) and progresses each day as long as the child remains symptom free. If at any time symptoms return, the athlete is removed from participation.

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/headsup/youthsports/>



NORTH CREEK JAGUARS
NORTH CREEK JUNIOR FOOTBALL
Athlete/Parent Concussion and
Sudden Cardiac Arrest Awareness Form



North Creek Junior Football Association believes participation in athletics improves physical fitness, coordination, self-discipline, and gives children valuable opportunities to learn important social and life skills.

With this in mind it is important that we do as much as possible to create and maintain an enjoyable and safe environment. As a parent/guardian or athlete you play a vital role in protecting participants and helping them get the best from sport.

Player and parental education in this area is crucial which is the reason for the Concussion Management and Sudden Cardiac Arrest Awareness information sheets. Refer to them regularly.

This form must be signed annually by the parent/guardian and student prior to participating in North Creek Junior Football and Cheer. If you have questions regarding any of the information provided in the information sheets, please contact the NCJFA board.

I HAVE RECEIVED, READ AND UNDERSTAND THE INFORMATION PRESENTED IN THE CONCUSSION RECOGNITION AND SUDDEN CARDIAC ARREST AWARENESS INFORMATION SHEETS.

Athlete Name (Printed)

Athlete Signature

Date

Parent/Guardian Name (Printed)

Parent/Guardian Signature

Date

**Note: If your child cannot yet read, write or understand the information presented, you may sign on behalf of your child*