



## CONCUSSION WAIVER

**I, for myself or as the parent or guardian with legal responsibility of the minor child that plans to participate in the program's activities, for valuable consideration given, the receipt and sufficiency of which is hereby acknowledged, do hereby acknowledge and agree as follows:**

While Vanguard Sports programs involve minimal contact and the risk for concussions in our program is low, we ask that you read and acknowledge that you understand our concussion safety policy below.

### **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 rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

The CDC estimates as many as 3.8 million concussions occur in the U.S. annually through sports and recreational activities.

### **The Facts**

1. A concussion is a brain injury.
2. All concussions are serious.
3. Concussions can occur without loss of consciousness.
4. Concussions can occur in any sport.
5. Recognition and proper management of concussions when they first occur can help prevent further injury or even death.

### **Recognizing a Possible Concussion**

To help recognize a concussion, you should watch for the following two things among your athletes:

1. A bump, blow, or jolt to the head or body that results in rapid movement of the head.
2. Any change in the athlete's social or emotional behavior, thinking or remembering, physical or sleep functioning. You may notice signs before the athlete does.

**PHYSICAL**

- Bothered by light or noise
- Dizziness or balance problems
- Feeling tired, no energy
- Headaches
- Nausea or vomiting (early on)
- Vision problems

**THINKING OR REMEMBERING**

- Attention or concentration problems
- Feeling slowed down
- Foggy or groggy
- Problems with memory (short or long-term)
- Trouble thinking clearly

**SOCIAL OR EMOTIONAL**

- Anxiety or nervousness
- Irritability or easily angered
- Feeling more emotional
- Sadness

**SLEEP**

- Sleeping less than usual
- Sleeping more than usual
- Trouble falling asleep

**For more information on concussions, please visit [cdc.com/headsup](https://www.cdc.com/headsup) or [concussionfoundation.org](https://www.concussionfoundation.org).**

**Vanguard Sports “When In Doubt, Sit Them Out” Policy:**

An athlete who is suspected of sustaining a concussion or head injury will be removed from the practice or game immediately and will not be allowed to return to play without written clearance from a licensed health care provider. The player should not be left alone, and the parent/guardian will be notified to follow up accordingly.