



North Texas Family Health, LLC
Athletic Pre-Participation Physical Examination
Concussion Awareness Information & Guidelines

School Year 2019-2000

The purpose for this document is to provide crucial information for student-athletes and parents/guardians. This form must be signed by both the student-athlete and the parent/guardian prior to tryouts, workouts, practices, or other forms of participation.

CONCUSSION AWARENESS INFORMATION

Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor "ding" to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, involving an increased risk for further injury to the brain and even death.

Common Signs of a Concussion

- Headache, dizziness, poor balance, moves clumsily, reduced energy level, excessive tiredness
- Nausea with or without vomiting
- Blurred vision, sensitivity to light and sounds
- Fogginess of memory, difficulty concentrating, slowed thought processes, confusion about surroundings or assignments
- Unexplained changes in behavior or personality
- Loss of consciousness (NOTE: this does not occur in all concussion episodes)

Student-Athlete Concussion/Head Injury Guidelines

I affirm that:

- It is my responsibility as a student-athlete or as the parent/guardian of a student-athlete to report all injuries and illnesses to the Coach, Athletic Trainer, or Representative
- I have fully disclosed, in writing, all prior head injury related events and medical conditions and will disclose any future conditions to the Coach, Athletic Trainer, or Representative
- I understand the importance of and will immediately report any and all signs and symptoms of a head injury, including concussion, to the Coach, Athletic Trainer, or Representative
- I understand there is a possibility that participation in any sport may result in a head injury and/or concussion
- I may be provided with the Heads Up-Concussion Fact Sheet/NCAA Concussion Fact sheet for student-athletes.
- If there are questions or I wish to discuss any areas and issues that are not clear to me concerning head injuries, I can contact the Coach, Athletic Trainer, or Representative

- I acknowledge that no piece of equipment can prevent injury/illness/concussion. Specifically, helmets or soccer headbands may help to prevent catastrophic head injury but do not significantly reduce the risk of head injury, including concussion. I understand that it is my responsibility to wear (or to ensure the student-athlete wears) any equipment issued to me (or the student-athlete) in the appropriate manner.
- I agree to read and abide by all warning labels on any equipment before use
- I have read and reviewed the following statement released by the National Operating Committee on Standards for Athletic Equipment (NOCSAE).
 - Helmet Warning Statement (for those student-athletes who will play football at any level)
 - “Keep you head up. Do not use this helmet to butt, ram, or spear an opposing player with any part of this helmet or faceguard. This is in violation of football rules and such use can result in severe head or neck injuries, paralysis, or death to you and possible injury to your opponent. No helmet can prevent all head or neck injuries a player might receive while participating in football.

By signing, I affirm that I have read this form and I understand all the facts presented in it

Student-Athlete's Signature: _____

Parent/Guardian's Signature: _____

Today's Date: _____