

PARENT CONCUSSION INFORMATION AND ACKNOWLEDGEMENT

What can happen if my child keeps on playing with a concussion or return to soon?

Players with the signs and symptoms of a concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young player 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 player 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 player will often under report symptoms of injury and concussions are no different. As a result, education of administrators, managers, coaches, parents and players is the key for player safety.

If you think your child has suffered a concussion.

Any player even suspected of suffering a concussion should be removed from the game or practice immediately. No player 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 player should continue for several hours. Cal South, the governing association for San Diego Soccer League, policy requires implementation of long and well established return to play concussion guidelines that have been recommended for several years:

"A player who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day."

and

"A player who has been removed may not return to play until the player is evaluated by a licensed health care provider trained in the evolution and management of concussion and received written clearance to return to play from that health provider."

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

For current up to date information on concussions you can go to:
www.calsouth.com/resources - Concussion and Safety Information or

Contact: concussions@calsouth.com or www.cdc.gov/ConcussionYouthSports/

Player Name Printed

Player ID Number

Parent/Player/Legal Guardian Signature Date

CERTIFICATION AND RELEASE FOR CONCUSSIONS

I, _____, AM A LICENSED MEDICAL DOCTOR (M.D.) OR DOCTOR OF OSTEOPATHY (O.D.), TRAINED IN THE MANGAEMNT OF CONCUSSIONS AND ACTING WITHIN THE SCOPE OF MY PRACTICE.

THE FOLLOWING PLAYER _____ IS SUSPECTED OF SUSTAINING A CONCUSSION OR HEAD INJURY IN AN ATHLETIC ACTIVITY.

I CERTIFY THAT I HAVE BEEN TRAINED IN EDUCATIO AND MANAGEMENT OF CONCUSSION.

I EXAMINED AND EVALUATED _____ ON _____ AND FEEL THAT HE/SHE IS FIT AND CLEARED TO RETURN TO ATHLETIC PRACTICE/COMPETITION FOLLOWING HIS/HER CONCUSSION.

PRINT NAME: _____

SIGNATURE: _____

DATE: _____