



1015 Hilltop Court, Leesport, PA 19533

Head Injury Informed Consent

General Information:

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/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention immediately.

Symptoms may include one or more of the following:

- Headaches
- “Pressure in Head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to noise or light
- Feeling sluggish
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Dazed or confused look about what happened
- Memory difficulties.
- Short attention span or can’t keep focus.
- Slow reaction time, slurred speech, bodily movements are lagging, fatigue, and slowly answers questions or has difficulty answering questions.
- Abnormal physical and/or mental behavior
- Coordination skills are impaired, ex. balancing, dizziness, clumsiness, reaction time.

Signs observed by teammates, parents, and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Unsure of game, score, or opponent
- Moves clumsily or displays un-coordination
- Answers questions slowly
- Slurred speech
- Demonstrates personality changes

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- Can't recall events before hit
- Can't recall events after hit
- Any changes in typical behavior
- Loses consciousness

What can happen if my child/player 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 concussions signs and symptoms leaves an 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 that 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 athletes will often under report symptoms of injuries. And concussions are no different. As a result; education and administration officials, coaches, parents, and students, are the key for student-athlete's safety.

If you think your child/player 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.

An athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from the 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 inform your child's coach and complete an Incident Report Form if you think that your child/player 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.

Licensed health Care Providers Acceptable to Provide Written Clearances:

- Medical Doctors (MD)
- Doctor of Osteopathy (DO)
- Advanced Registered Nurse Practitioner (ARNP)
- Physician's Assistant (PA)
- Licensed Certified Athletic Trainers (ATC)

In order to help protect our soccer players, The Rage SC has mandated that all our soccer players, parents/ guardians, and coaches follow the Rage SC Head Injury Guideline and Procedure Policy. In addition, for current information on concussions, please visit; www.cdc.gov/ConcussionInYouthSports/.