PUGET SOUND REGION USA VOLLEYBALL --- 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. 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 or "Pressure in head"	Drowsiness	Nervousness or anxiety
Nausea or vomiting	Amnesia	Irritability
Neck pain	"Don't feel right"	More emotional
Balance problems or dizziness	Fatigue or low energy	Confusion
Blurred, double, or fuzzy vision	Sadness	Change in sleep patterns
Feeling sluggish or slowed down	Repeating question or comment	Feeling foggy or groggy
Sensitivity to light or noise	Concentration or memory problems (forgetting game plays)	

Signs observed by teammates/parents/coaches include the following:

Appears dazed	Can't recall events prior to hit	Answers questions slowly
Confused about assignment	Any change in typical behavior or personality	Slurred speech
Is unsure of game, score, or opponent		Seizures or convulsions
Moves clumsily, displays incoordination	Vacant facial expression	Can't recall events after hit
Shows behavior or personality changes	Forgets plays	Loses consciousness

What can happen if my child keeps on playing with a concussion or returns to 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 athletes 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 inform your child's coach. 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 "Zackery Lystedt Law" in Washington requires the following: *"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 heath care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".* More information: **http://www.cdc.gov/ConcussionInYouthSports/** .

ZACHERY LYSEDT LAW COMPLIANCE STATEMENT

I certify that: 1.) I have been provided with information on **concussions in youth sports** in compliance with HB 1824. 2.) I understand that on a yearly basis, the **concussions in youth sports** information sheet shall be signed and returned to the Puget Sound Region, USAV by myself (or my parent or legal guardian if I am under the age of eighteen (18) years old) prior to my initiating practice or competition. If any player/participant is suspected of suffering a concussion or brain injury, the player will be removed from practice or competition and not returned to practice or competition until cleared in writing by a licensed health care provider trained in the evaluation and management of concussions (Medical Doctors, Doctors of Osteopathy, Advanced Registered Nurse Practitioner, Physicians Assistants, and *Certified* Athletic Trainers).

Signature of PARENT/GUARDIAN	Printed Name of Parent	Date
Signature of PLAYER	Printed Name of Player	Date