

PUGET SOUND POLO CONCUSSION POLICY & 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 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 properly managed. You can't see a concussion. Most concussions occur without loss of consciousness. Signs and symptoms of concussion may show up immediately or may take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice any symptom or sign of concussion, seek immediate medical attention.

Symptoms may include one or more of the following:

- Headache Feeling foggy or groggy Irritability
 - “Pressure in head” Drowsiness More emotional
 - Nausea or vomiting Change in sleep patterns Confusion
 - Neck pain Amnesia Concentration problems
 - Balance problems or dizziness “Don’t Feel Right” Forgetful/memory problems
 - Blurred, double or fuzzy vision Fatigue or low energy Repeating questions/comments
 - Sensitivity to light or noise Sadness
 - Feeling sluggish or slow Nervousness or anxiety
- Signs observed by teammates, parents and coaches may include one or more of the following:
- Appears dazed Can’t recall events after hit Can’t recall events prior to hit
 - Confused about assignment Vacant facial expression Seizures or convulsions
 - Unsure of game/score/etc. Forgets plays Loses consciousness
 - Answers questions slowly Moves clumsily/uncoordinated
 - Changes in behavior/personality Slurs speech

Athletes with signs and symptoms of concussion will be removed from play immediately and must have the signed release of a physician before being allowed to return to play. Continuing to play with the signs and symptoms of concussion leaves athletes 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. If you think your child has suffered a concussion, close observation should occur for several hours. You should also inform your child’s coach if you think he/she has suffered a concussion. For current information, go to <http://www.cdc.gov/ConcussionInYouthSports/>

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

PARENT/GUARDIAN NAME: _____

ATHLETE SIGNATURE: _____ DATE: _____

ATHLETE NAME: _____