

## PEQUANNOCK SOCCER CLUB

### Concussion Information Sheet

(Adapted from the CDC and the 3rd International Conference on Concussion in Sport)

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 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
- ☐ “Pressure in head”
- ☐ Nausea or vomiting
- ☐ Neck pain
- ☐ Balance problems or dizziness
- ☐ Blurred, double, or fuzzy vision
- ☐ Sensitivity to light or noise
- ☐ Feeling sluggish or slowed down
- ☐ Feeling foggy or groggy
- ☐ Drowsiness
- ☐ Change in sleep patterns
- ☐ Amnesia
- ☐ “Don’t feel right”
- ☐ Fatigue or low energy
- ☐ Sadness
- ☐ Nervousness or anxiety
- ☐ Irritability
- ☐ More emotional
- ☐ Confusion
- ☐ Concentration or memory problems (forgetting game plays)
- ☐ Repeating the same question/comment

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### Signs observed by teammates, parents and coaches include:

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

### What can happen if my child 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 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 athlete 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...

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.

**Remember it is better to miss one game than miss the whole season. And when in doubt, the athlete sits out.**

For current and up-to-date information on concussions you can go to:  
<http://www.cdc.gov/ConcussionInYouthSports/>

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**Please sign and return this portion of the form with your child's athletic paperwork, and keep the information portion for your own use. If you have any questions or concerns, please contact your child's school nurse.**

**Our signatures signify that we have read and understood the information provided to us concerning concussion/brain injury:**

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\_\_\_\_\_  
Student-Athlete Name Printed

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Student-Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent /Guardian Name Printed

\_\_\_\_\_  
Parent /Guardian Signature

\_\_\_\_\_  
Date