



## CONCUSSIONS OR HEAD INJURIES FORM

**What is a concussion?** 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 cannot 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 a concussion, or if you notice the symptoms or signs of a concussion yourself, seek medical attention right away.

**The Facts:**

- ✓ A concussion is a brain injury.
- ✓ All concussions are serious.
- ✓ Concussions can occur without loss of consciousness.
- ✓ Concussions can occur in any sport.
- ✓ Recognition & proper management of concussion when they first occur can help prevent further injury or even death.

**To help recognize a concussion, you should watch for the following two things among your athletes:**

1. A forceful blow to the head or body that results in rapid movement of the head. -and-
2. Any change in the athlete's behavior, thinking, or physical functioning.
3. Signs and symptoms of concussion that may be reported by a coach or other observer:
  - ✓ Appears dazed or stunned
  - ✓ Is confused about assignment or position
  - ✓ Forgets sports plays
  - ✓ Is unsure of game, score or opponent
  - ✓ Moves clumsily
  - ✓ Answers questions slowly
  - ✓ Loses consciousness (even briefly)
  - ✓ Can't recall events prior to hit or fall
4. Signs and symptoms that may be reported by the player:
  - ✓ Headache or -pressure in head
  - ✓ Nausea or vomiting
  - ✓ Balance problems or dizziness
  - ✓ Double or blurry vision
  - ✓ Sensitivity to light
  - ✓ Sensitivity to noise
  - ✓ Feeling sluggish, hazy, foggy, or groggy
  - ✓ Concentration or memory problems
  - ✓ Confusion
  - ✓ Does not -feel right

Both parents/guardians and players are advised to take the Center for Disease Control's free online concussion training at <http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html>.

**Miami Beach Parks and Recreation Concussion Policy:** Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from the contest and shall not return to play until a medical release is issued by a medical doctor. Any health care professional or Recreation coach may identify signs of a concussion, symptoms or behaviors of an athlete during any type of athletic activity. Once signs of a concussion are identified, only a medical doctor can clear an athlete to return to play.

**I have reviewed this information on concussions and am aware that a release by a medical doctor is required before my child may return to play under this policy.**

Parent/Legal Guardian Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_