



City of Covington Parks and Recreation Athletics Program
CONCUSSION & SUDDEN CARDIAC ARREST INFORMATION FORM

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 too 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	“Don’t feel right”	“pressure in head”
Nausea or vomiting	Sadness	Fatigue or low energy
Neck pain	Nervousness or anxiety	Balance problems or dizziness
Irritability	More emotional	Blurred, double or fuzzy vision
Confusion	Drowsiness	Sensitivity to light or noise
Amnesia	Change of sleep patterns	Concentration or memory problems
Feeling foggy or groggy	Feeling sluggish	Repeating the same comment

Signs observed by teammates, parents and coaches include:

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

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 athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of coaches, parents and students is the key for an athlete’s safety.

What to do 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. You should also inform your child’s coach if you think that your child may have a concussion. Remember that 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 concussion you can go to: <http://www.cdc.gov/concussion>

BY PROVIDING A SIGNATURE AND DATE, YOU ARE ACKNOWLEDGING THAT YOU HAVE READ AND UNDERSTAND THE INFORMATION PRESENTED IN THE CONCUSSION & SUDDEN CARDIAC ARREST INFORMATION FORM.

Athlete Name Printed

Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date



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Part of what Covington Parks and Recreation strives for is to create a fun, active, athletic activity for kids. We believe that participation in athletics improves physical fitness, coordination, self-discipline, and gives players valuable opportunities to learn important social and life skills. With this in mind, it is important that we do as much as possible to create and maintain an enjoyable and safe environment. As a Parent/guardian or player, you play a vital role in protecting participants and helping them get the best from sports. Player and parental education in this area is crucial which is the reason for the Sudden Cardiac Arrest Awareness information you are required to read and acknowledge. Please refer to it regularly.




What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

SCA is also the leading cause of sudden death in young athletes during sports

What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gasping). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!



Cardiac 3-Minute Drill

- 1. RECOGNIZE Sudden Cardiac Arrest**
 - Collapsed and unresponsive
 - Abnormal breathing
 - Seizure-like activity
- 2. CALL 9-1-1**
 - Call for help and for an AED
- 3. CPR**
 - Begin chest compressions
 - Push hard/ push fast (100 per minute)
- 4. AED**
 - Use AED as soon as possible
- 5. CONTINUE CARE**
 - Continue CPR and AED until EMS arrives



Be Prepared! Every Second Counts!