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
- Nausea or vomiting
- Neck pain
- Irritability
- Confusion
- Amnesia
- Feeling foggy or groggy

“Don’t feel right”
Sadness
Nervousness or anxiety
More emotional
Drowsiness
Change of sleep patterns
Feeling sluggish

“pressure in head”
Fatigue or low energy
Balance problems or dizziness
Blurred, double or fuzzy vision
Sensitivity to light or noise
Concentration or memory problems
Repeating the same comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Confused about assignment
- Forgets plays
- Slurred speech
- Is unsure of game, score or opponent

Vacant facial expression
Can’t recall events prior to hit
Seizures or convulsions
Answers questions slowly
Any change in typical behavior or personality

Shows behavior or personality changes
Can’t recall events after hit
Loses consciousness
Moves clumsily

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](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.
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.