A1 Since Day1 Passing League & Flag Football Concussion and Head Injury Acknowledgement

The purpose of this acknowledgement form is to confirm that you have read and understand the information provided to you by the A1 SINCE DAY1 Passing League & Flag Football leagues related to potential concussions and head injuries occurring during participation in athletic activities.

Heads Up: Concussions in Youth Sports a Fact Sheet for Parents & Guardians

WHAT IS A CONCUSSION? A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding", "getting your bell rung" or what seems to be a mild bump or blow to the head can be serious. You can't see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear to be noticed until days or weeks after the injury. If your child reports any symptoms of a concussion or if you notice the symptoms yourself, seek medical attention right away.

Signs Observed by Parents or Guardians: If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

• Appears dazed or stunned • Is confused about assignment or position

• Forgets an instruction • Is unsure of game, score or opponent

• Moves clumsily • Answers questions slowly

• Loses consciousness (even briefly) • Shows behavior or personality changes

• Can't recall events prior to hit or fall • Can't recall events after hit or fall

Symptoms Reported by The Athlete:

• Headache or "pressure" in head • Nausea or vomiting

• Balance problems or dizziness • Sensitivity to light • Sensitivity to noise

• Feeling sluggish, hazy, foggy or groggy • Concentration or memory problems

• Confusion • Does not "feel right"

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your child can take to protect themselves from a concussion: • Ensure that they follow their coach's rules for safety and the rules of the sport. • Make sure your child wears the right protective equipment for their activity (such as helmets, padding, shin guards and eye and mouth guards). Protective equipment should fit properly, be well maintained and worn consistently and correctly. • Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

• **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports. • **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children, who return to play too soon, while the brain is still healing, risk a greater chance of having a second concussion. Additional concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

A1 SINCE DAY1 Passing League & Flag Football Heads Up: Concussions in Youth Sports a Fact Sheet for Athletes:

WHAT IS A CONCUSSION?

• A concussion is a brain injury that: • Is caused by a bump or blow to the head • Can change the way your brain normally works • Can occur during practice or games in any sport • Can happen even if you haven't been knocked out • Can be serious even if you've just been "dinged"

WHAT ARE THEY SYMPTOMS OF A CONCUSSION?

• Headache or "pressure" in head • Nausea or vomiting • Balance problems or dizziness • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy or groggy • Concentration or memory problems • Confusion • Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

• Tell your coaches and parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates may have a concussion. • Get a medical check-up. A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play. • Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Additional concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself:

• Follow your coach's rules for safety and the rules of the sport • Practice good sportsmanship at all times • Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards and eye and mouth guards) In order for equipment to protect you, it must be: • The right equipment for the game, position or activity • Worn correctly and fits well • Used every time you play

_____ _____

Athlete Name Printed and Date **Athlete Signature**

_____ _____

Parent/Guardian Name Printed and Date **Parent/Guardian Signature**

For more information on concussions and traumatic brain injuries, visit: www.cdc.gov/TraumaticBrainInjury/