

# Los Altos Mountain View Aquatic Club

## Parent/Athlete Concussion Information Sheet

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.

<b>SIGNS OBSERVED BY COACHING STAFF</b>	<b>SYMPTOMS REPORTED BY ATHLETES</b>
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Mood, behavior, or personality changes	Concentration or memory problems
Can’t recall events prior to hit or fall	Confusion
Can’t recall events after hit or fall	Just not “feeling right” or “feeling down”

### **Concussion Danger Signs**

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate attention if after a bump, blow, or jolt to the head or body one exhibits any of the following symptoms:

One pupil larger than the other
Is drowsy or cannot be awakened
A headache that not only does not diminish, but gets worse
Weakness, numbness or decreased coordination
Repeated vomiting or nausea
Slurred speech
Convulsions or seizures
Cannot recognize people or places
Becomes increasingly confused, restless, or agitated
Has unusual behavior
Loses consciousness ( <i>even a brief loss of consciousness should be taken seriously</i> )

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### What can happen if my child keeps practicing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion must be removed from practice immediately. Continuing to swim 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, and athletes is the key for athlete safety.

### If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion must be removed from the meet 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.

LAMVAC stands by the following recommendations:

- A youth athlete who is suspected of concussion or head injury in practice or in a game shall be removed from competition at that time.
- Athlete may not return to practice until they are evaluated by a licensed health care provider trained in the evaluation and management of concussion and received clearance to return to practice from that health care provider.

You should inform your child's coach if you think that your child may have a concussion. Remember its better to miss one meet or practice 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/concussion/HeadsUp/youth.html>

This form must be signed and dated by BOTH athlete(s) and parent or guardian BEFORE the athlete(s) can participate in practice or competition.

\_\_\_\_\_  
Athlete #1 Name Printed

\_\_\_\_\_  
Athlete #1 Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete #2 Name Printed

\_\_\_\_\_  
Athlete #2 Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete #3 Name Printed

\_\_\_\_\_  
Athlete #3 Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Printed

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date