

Key Peninsula Little League

Concussion Information

A concussion is a brain injury, and all brain injuries are serious. Concussions 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 bump on the head can be serious. Concussions are not visible, 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 appear. If your child reports any symptoms of concussion or if you notice the symptoms or signs of concussion, seek medical attention right away.

Symptoms may include:	
<ul style="list-style-type: none">• Headaches• Feeling of pressure in head• Nausea or vomiting• Neck pain• Balance problems• Dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slow• Feeling foggy or groggy• drowsiness	<ul style="list-style-type: none">• amnesia• feeling “not right”• fatigue or low energy• sadness• nervousness or anxiety• irritability• feeling emotional• confusion• concentration or memory problems• repeating the same question/comment• change in sleep patterns

Signs observed by teammates, parents, and coaches may include:	
<ul style="list-style-type: none">• dazed appearance• vacant facial expression• confusion about assignment• forgetfulness about plays• uncertainty about game, score or opponent• clumsy or uncoordinated movement• slow answers to questions	<ul style="list-style-type: none">• lack of memory about events prior to head injury• lack of memory about events after head injury• seizures or convulsions• loss of consciousness• slurred speech• behavior or personality change

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Any athlete 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.

Washington's "Zackery Lystedt Law" requires the consistent and uniform implementation of well-established return-to-play guidelines that have been recommended for years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

And

"may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion, and receives written clearance to return to play from that health care provider."

Inform your child's coach if you think your child may have a concussion. Remember, it's better to miss one game than miss the whole season.

For current information on concussions, visit: <http://www.cdc.gov/headsup/youthsports>

When in doubt, the athlete sits out!

Athlete name (Printed)

Athlete Signature

Date

Parent/guardian Name (printed)

Parent/guardian Signature

Date