

## CONCUSSION INFORMATION FOR HFC PLAYERS & PARENTS/LEGAL CUSTODIANS



**What is a concussion?** A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

**How do I know if I have a concussion?** There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

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**Thinking/Remembering:** Difficulty thinking clearly; taking longer to figure things out; difficulty concentrating; or difficulty remembering new information.

**Physical:** Headache; fuzzy or blurry vision; sick to your stomach/queasy; vomiting/throwing up; dizziness; balance problems; or sensitivity to noise or light.

**Emotional/Mood:** Irritability-things bother you more easily; sadness; being more moody; feeling nervous or worried; or crying more.

**Sleep:** Sleeping more than usual; sleeping less than usual; trouble falling asleep; or feeling tired.

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**What should I do if I think I have a concussion?** If you are having any of the signs or symptoms listed above, you should tell your parents, coach, or athletic trainer so they can get you the help you need. If a parent notices these symptoms, they should inform the coach or athletic trainer.

**When should I be particularly concerned?** If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach know right away, so they can get you the help you need before things get any worse.

**What are some of the problems that may affect me after a concussion?** You may have trouble in school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once you have a concussion, you are more likely to have another concussion.

**How do I know when it's ok to return to physical activity and my sport after a concussion?** After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your parents can help you decide who is best to treat you and help to make the decision on when you should return to play or practice. HFC wants to make sure you do not return to play before it is safe.

**You should not return to play or practice on the same day as your suspected concussion. You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not recovered from the injury.**

*Carolina Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High School Athletic Association. Table is adapted from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/>)*



## HFC Player & Parent/Legal Custodian Concussion Statement

If there is anything on this sheet that you do not understand, please ask an adult to explain or read it to you. This form must be completed for each HFC Player, even if there are multiple club members in each household.

HFC Player Name: \_\_\_\_\_

Parent/Legal Custodian Name(s): \_\_\_\_\_

Player: \_\_\_\_ Parent: \_\_\_\_ We have read the HFC Player & Parent/Legal Custodian Concussion Information Sheet. After reading the information sheet, I am aware of the following information:

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Player: \_\_\_\_ Parent: \_\_\_\_ A concussion is a brain injury, which should be reported to my parents, my coach(es), or a medical professional if one is available.

Player: \_\_\_\_ Parent: \_\_\_\_ A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.

Player: \_\_\_\_ Parent: \_\_\_\_ A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.

Player: \_\_\_\_ Parent: \_\_\_\_ I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses.

Player: \_\_\_\_ Parent: \_\_\_\_ If I think a teammate has a concussion, I should tell my coach(es), parents, or medical professional about the concussion.

Player: \_\_\_\_ Parent: \_\_\_\_ I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.

Player: \_\_\_\_ Parent: \_\_\_\_ I will/my child will need written permission from a medical professional trained in concussion management to return to play or practice after a concussion.

Player: \_\_\_\_ Parent: \_\_\_\_ Based on the latest data, most concussions take days or weeks to get better. A concussion may not go away right away. I realize that resolution from this injury is a process and may require more than one medical evaluation.

Player: \_\_\_\_ Parent: \_\_\_\_ I realize that ER/Urgent Care physicians will not provide clearance if seen right away after the injury.

Player: \_\_\_\_ Parent: \_\_\_\_ After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.

Player: \_\_\_\_ Parent: \_\_\_\_ Sometimes, repeat concussions can cause serious and long-lasting problems.

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Signature of Student-Athlete

Date

Signature of Parent/Legal Custodian

Date