



CONCUSSION & HEAD INJURY RELEASE FORM

HEADS UP

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion? A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Spot a Possible Concussion? Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Symptoms may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents, and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren’t serious or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that it’s better to miss one game than the whole season.

Concussions affect each child and teen differently. While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children or teens’ health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For? In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing— have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion? As a parent, if you think your child or teen may have a concussion, you should:

- Remove your child or teen from play.
- Keep your child or teen out of play the day of the injury.
- Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
- Ask your child or teen's health care provider for written instructions on helping your child or teen return to school.
- You can give the instructions to your child or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.
- Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious a concussion is at first, and some symptoms may not show up for hours or days. The brain needs time to heal after a concussion. A child or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to:

- Head Ups
<http://www.cdc.gov/concussion/sports/>
- Fact Sheet for Players
<https://bit.ly/2MXBEon>
- Fact Sheet for Parents
<https://bit.ly/2MX7IZi>

Discuss the risks of concussion and other serious brain injury with your child or teen and have each person sign the release and waiver agreement.



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Release and waiver agreement:

I have read this fact sheet for parents on concussion with my child or teen and talked about what to do if they have a concussion or other serious brain injury. I understand that volleyball is a strenuous sport and could cause severe injury. I, the undersigned, parent/guardian of this applicant, a minor, do hereby authorize the Director's, Staff, Coaches and/or medical persons to arrange for, or render care for any emergency due to injury, including Aid Care, EMS or emergency room transportation and consultation or treatment by medical professionals or specialists. In addition, I accept full responsibility for the cost of treatment of such. I hereby release and discharge the Directors, Staff, Coaches and/or medical persons of the Alpha Volleyball Academy club and any sponsoring organizations from any and all claims for personal injuries. In absence of signature, payment of player registration and participation on an AVA team, clinic, lesson, event or further more shall constitute acceptance of the conditions set forth in this release and waiver statement. Lastly, I also acknowledge my responsibility to report to Directors, Staff, Coaches and or any appropriate guardian/ personnel any signs or symptoms of a concussion.

Athlete Name (Print)

Parent/Legal Guardian (Print)

Parent/Legal Guardian Signature

Date