

# South Sound YMCA Concussion and Head Injury Acknowledgement



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Member #: \_\_\_\_\_  
MI: \_\_\_\_\_  
First Name: \_\_\_\_\_  
Last Name: \_\_\_\_\_

The South Sound YMCA abides by all Washington State Concussion Laws, including removing a player with a head injury from the game, informing parents of the dangers of a head injury, and requiring written consent from a healthcare provider for the player to return to practice and/or games.

The purpose of this acknowledgement is to confirm that you have read and understand the information provided to you by the South Sound YMCA related to potential concussions and head injuries occurring during participation in athletic programs.

By signing below you acknowledge reading the concussion information sheet and understanding its contents and warnings. You acknowledge that you understand that concussions are serious and acknowledge that if you see or experience signs or symptoms of a concussion, you will seek medical attention and will notify YMCA staff/volunteers.

_____	_____	_____
Signature— Program Participant	Printed	Date
_____	_____	_____
Signature (Parent/Guardian if under 18)	Printed	Date

## PRIOR TO PARTICIATION IN OUR ATHLETIC PROGRAMS

### THIS FORM MUST BE RETURNED TO:

YOUTH DEVELOPMENT STAFF  
Olympia Downtown Branch  
SOUTH SOUND YMCA  
510 Franklin Street SE, Olympia, WA 98501

*OR*

CONCUSSION@SSYMCA.NET

*If you have questions, please call Member Services at (360) 918-0250*

# South Sound YMCA Concussion Information Sheet



FOR YOUTH DEVELOPMENT  
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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 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 a concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of a concussion, or you notice the symptoms or signs of concussion yourself, seek medical attention right away.

## Symptoms may include one or more of the following:

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| <ul style="list-style-type: none"> <li>• Headaches</li> <li>• "Pressure in head"</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> </ul> | <ul style="list-style-type: none"> <li>• Amnesia</li> <li>• "Don't feel right"</li> <li>• Fatigue or low energy</li> <li>• Symptoms may include one or more of the following:                             <ul style="list-style-type: none"> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• Sadness or more emotional</li> <li>• Confusion</li> <li>• Concentration or memory problems</li> <li>• Repeating the same questions/comment</li> </ul> </li> </ul> |
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## Signs observed by teammates, parents and coaches include:

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| <ul style="list-style-type: none"> <li>• Appears dazed</li> <li>• Vacant facial expression</li> <li>• Confused about assignment</li> <li>• Forgets plays</li> <li>• Is unsure of game, score or opponent</li> <li>• Moves clumsily or displays incoordination</li> <li>• Answers questions slowly</li> </ul> | <ul style="list-style-type: none"> <li>• Slurred speech</li> <li>• Shows behavior or personality changes</li> <li>• Can't recall events prior to hit</li> <li>• Can't recall events after event</li> <li>• Seizures or convulsions</li> <li>• Any change in typical behavior or personality</li> <li>• Loses consciousness</li> </ul> |
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### WHAT CAN HAPPEN IF MY CHILD KEEPS PLAYING WITH A CONCUSSION OR RETURNS TOO SOON?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play 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. This can lead to prolonged recovery, or even severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under-report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is key for student-athlete's safety.

### IF YOU THINK YOUR CHILD HAS SUFFERED A CONCUSSION

Any athlete even suspected of suffering a concussion will 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. This medical clearance must be presented to a leadership staff in the Youth Development staff of the South Sound YMCA. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years: 1) "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 2) "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 received written clearance to return to play from that health care provider."