

CONCUSSION STATEMENT

My student-athlete and I:

Have read, understand and agree that the athlete must report all injuries/illnesses to the athletic trainer and/or team physician. We have read the Concussion Fact Sheet and we understand:

- o A concussion is a brain injury and all brain injuries can be serious.
- o An athlete does NOT have to be knocked out to have a concussion.
- o Concussion symptoms may show up right away but can show up hours or days after the injury.
- o A concussion can affect reaction time, balance, sleep, classroom performance and the ability to perform every daily activities.
- o If an athlete suspects a teammate has a concussion, s/he is responsible for reporting the injury to the athletic trainer or team physician.
- o The athlete must not return to play in a game or practice if s/he has concussion-related symptoms.
- o Following concussion the brain needs time to heal. A repeat concussion is more likely if an athlete returns to play before symptoms resolve.
- o In rare cases, repeat concussions can cause permanent brain damage, and even death.