## USA SOFTBALL. of Southern California

Parents and Athlete Concussion Policy Statement Sheet

Year: \_\_\_\_\_

Team Name: \_\_\_\_\_

What is a Concussion? A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move quickly back and forth. Even or what seems to be a mild bump or blow to the head can be serious.	What are the signs and symptoms of Concussion? Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If an athlete reports one or more symptoms after a bump, blow or jolt to the head or body, the athlete should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.	Why should an athlete report their symptoms? If an athlete has a concussion, their brain needs time to heal. While an athlete's brain is still healing, they are much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain, and can even be fatal.		
Symptoms Reported by Athletes:   • Headache or "pressure" in head   • Confusion   • Nausea   • Sensitivity to light   • Balance problems or dizziness   • Sensitivity to noise   • Double or blurry vision   • Feeling sluggish, hazy, foggy or groggy   • Concentration or memory problems   • Just not "feeling right" or "feeling down"	Concussion Danger Signs:   a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow or jolt to the head or body they exhibit any of the following danger signs:   • One pupil larger than the other • Is drowsy or cannot be awakened   • A headache that gets worse • Weakness, numbness or decreased coordination   • Convulsions or seizures • Slurred speech   • Has unusual behavior • Cannot recognized people or place   • Becomes increasingly confused, restless or agitated	Signs Observed by Coaching /Administrative Staff:   Appears dazed or stunned   Is confused about assignment or position   Forgets an instruction   Is unsure of game, score or opponent   Moves clumsily   Answers questions slowly   Loses consciousness, even briefly   Can't recall events prior to hit or fall   Can't recall events after hit or fall   Shows mood, behavior or personality change		

Athlete Name (Printed)	Athlete Signature	Date	Parent/Guardian Name (Printed)	Parent/Guardian Signature	Received Fact Sheet (Initial)	Date