



SALEM KEIZER YOUTH LACROSSE LEAGUE PARENT ACKNOWLEDGEMENT OF CONCUSSION POLICY

Lacrosse is a sport with obvious risks; players can be injured during games, practices, and/or drills. However, the seriousness of concussions and the potential long-term effects that may result requires the Salem Keizer Youth Lacrosse League to follow strict protocols for addressing potential concussions.

A concussion is a type of traumatic brain injury, caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head to move quickly back and forth. Symptoms may occur immediately or days afterwards. Most athletes with a concussion will recover quickly and fully. However, receiving a second concussion while healing from the first can slow recovery or increase the chances for long-term problems.

If your child exhibits symptoms of a concussion, the coaching staff will remove him immediately from the game or practice. Your child will not be allowed to return to action until he is cleared to play by a health care professional and a signed and dated release is provided to the player's head coach (who must submit the release to the League Secretary).

This policy is to protect the safety of each player. Please sign below indicating you have been provided a copy of the Salem Keizer Youth Lacrosse League Concussion Policy and have read, understand, and agree with the policy.

Player Name: _____ **Team:** _____

Player Signature: _____ **Date:** _____
(only required if 12 years of age or older)

Parent Name (printed): _____

Parent Signature: _____ **Date:** _____