

ALLIANCE YOUTH SPORTS

CONCUSSION NOTICE

Repercussions if athlete plays 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 an athlete more vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after the concussion occurs, particularly if an athlete suffers another concussion before completely recovering from the initial one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent/young adult athletes will often under report symptoms of injuries and concussions are no exception. As a result, education of coaches, parents, and athletes is key to the prevention of concussions.

Concussion Symptoms:

Any athlete even suspected of suffering a concussion should 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. Close observation of the athlete should continue for several hours.

Alliance Youth Sports Concussion Guidelines:

1. An athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time.
2. The athlete may not return to play until they are 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.
 - a. Licensed Health Care Providers acceptable to make the determination:
 - i. Medical Doctors (MD)
 - ii. Doctor of Osteopathy (DO)
 - iii. Advanced Registered Nurse Practitioner (ARNP)
 - iv. Physician's Assistant (PA)
 - v. Licensed Certified Athletic Trainers (ATC)

Also, please be reminded that all concussions should be reported to your Business Manager/Head Coach and noted on an injury report that must be submitted to the Alliance office immediately. The injury report form can be found on our website, www.allianceyouthsports.org, under the Forms tab.

*Additional information on concussions can be found at www.cdc.gov/ConcussionInYouthSports/.

I have read and understand the information on and Alliance guidelines regarding concussions.

Athlete Name Printed (if older than 10)

Athlete Signature

Date

Parent Name Printed

Parent Signature

Date

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