



## WBS KNIGHTS

### PARENT AND ATHLETE CONCUSSION ACKNOWLEDGEMENT

As a parent and as an athlete it is important to recognize the signs, symptoms, and behaviors of concussions. By signing the Medical Information Form you are stating that you understand the importance of recognizing and respond to the signs, symptoms, and behaviors of a concussion or head injury. This form must be reviewed and attested to annually prior to participation in any sport. The Wilkes-Barre/Scranton Knights will comply with 24 P.S. section 5322 and 5323 developed to address concussions in youth sports.

By signing the Medical Information Form I certify that I have read the Concussion Fact Sheet for Parents and understand what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors.

I agree that my child must be removed from practice/play if a concussion is suspected. I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me. I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach. I understand the possible consequences of my child return to practice/play too soon

#### Concussion Signs and Symptoms

##### Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows behavior or personality changes
- Cannot recall events prior to the hit or fall
- Cannot recall events after the hit or fall

##### Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

#### Action Plan

If you suspect that a player has a concussion, you should take the following steps:

1. Remove the athlete from play.
2. Ensure the athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussions.
4. Allow athletes to return to play only with permission from an appropriate health care professional.