

Yukon Athletics - Concussion Information / Acknowledgement Sheet

Oklahoma Statute 24-155 of Title 70

A youth athlete who is suspected of sustaining a concussion or head injury during a practice or game shall be removed from participation at that time. A youth athlete who has been removed from participation may not participate until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to participation from that health care provider.

What is a concussion?

- A brain injury, caused by a bump or blow to the head, causing a change to way your brain works.
- Can occur during practice or games in any sport
- Can happen even if you have not been knocked out, and can be serious if you have just been “dinged”

What are the symptoms of a concussion?

- Headache or “pressure” in head, nausea or vomiting, balance problems or dizziness
- Sensitivity to light and/or noise. Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems and/or confusion
- Can show up right after the injury or may not appear until days or weeks after

What are the signs teammates, parents/guardians or coaches may observe?

- Answer questions slowly
- Is confused about assignment, position, score or opponent
- Loses consciousness, even briefly
- Shows behavior or personality changes
- Cannot recall event events prior to or after the hit or fall

What should I do if I think I have a concussion?

- Tell your coaches or parents. Never ignore a bump or blow to the head, even if you feel fine. Also tell your coaches if you think one of your teammates may have a concussion
- Get a medical checkup. A doctor will diagnose a concussion, and write you a clearance to return to participation.
- Give yourself time to get better. You need time to heal. 2nd concussions occur more easily if you are not fully healed from the 1st one. Additional concussions can cause brain damage.

In order to prevent a concussion follow your coaches rules for safety, practice good sportsmanship and use proper equipment.

For more information on concussions, please visit www.oata.net - www.nfhslearn.com - www.cdc.gov/traumaticbraininjury

I have read the above information related to concussions and understand the content and warnings.

PARENT/GUARDIAN

SIGNATURE: _____

STUDENT ATHLETE

SIGNATURE: _____

SCHOOL ATTENDING: _____ SEX: M F (PLEASE CIRCLE ONE) GRADE: _____ DATE: _____