



CONCUSSION / SUDDEN CARDIAC AWARENESS

CONCUSSION

What is a concussion?

A concussion is a type of traumatic brain injury causing an immediate and, usually, short-lived change in mental status or an alteration of normal consciousness resulting from a bump, blow, jolt, shaking or spinning of the head and body.

Warning signs of a concussion–For immediate Attention Call 911

Signs observed by a parent/guardian:

- Appears dazed or stunned
- Is confused about assignment or position
- Forget sports plays
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Signs reported by the athlete

- Headache or "pressure" in the 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"

What Should You Do If You Think a Concussion Has Occurred?

1. Seek medical attention right away. A health care professional will be able to decide the severity of the concussion, and when it is safe to return to play.

2. Keep your child out of the game until medically cleared. Concussions take time to heal. Do not let your child to return to play until a health care professional says it's OK. Children who return to play too soon, while the brain is still healing, risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime..

3. Inform all coaches about any recent concussions. Coaches should know if your child has a recent concussion. You child's coach may not know about a concussion your child received in another sport or activity unless you tell them.

4. Help your child return to play safely after a concussion. As your child's symptoms decrease, the extra help or support can be removed gradually. Children and youth returning to play after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at activities
- If in doubt.... **SIT IT OUT!**

SUDDEN CARDIAC ARREST

What is Sudden Cardiac Arrest?

Sudden Cardiac Arrest (SCA) is a condition in which the heart suddenly and unexpectedly stops beating.

Sudden Cardiac Arrest:

- Occurs suddenly and often without warning
- Is a malfunction in the heart's electrical system
- Causes the person to lose consciousness (passes out) and have no pulse
- **May cause death within minutes if not treated immediately**

Warning Signs of Sudden Cardiac Arrest – For Immediate Attention Call 911

Although SCA happens unexpectedly, some people may have signs and symptoms, such as:

- Fainting or seizures during exercise
- Unexplained shortness of breath
- Dizziness
- Extreme fatigue
- Chest pains
- Racing heart

Any of these symptoms/warning signs that occur while exercising may necessitate further evaluations from your physician before returning to practice or games.

Treatment for Sudden Cardiac Arrest

1. Call 911
2. Begin C.P.R.
3. Use an Automated External Defibrillator (A.E.D)

Removal from play/Return to play

Any athlete who shows signs and symptoms of SCA should be removed from play. The symptoms can happen before, during or after activity. Play includes all athletic activity.

Before returning to play, the athlete should be evaluated. Clearance to return to play should be submitted in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professional.

What are the risks of practicing or playing after experiencing these symptoms?

- There are risks associated with continuing to practice or play after experiencing these symptoms.
- When the heart stops, oxygenated blood stops flowing to the brain and other vital organs.
- Death or permanent brain damage can occur in just a few minutes
- **Most people who experience SCA die from it.**

I have read and understand the Concussion / Sudden Cardiac Arrest Information Sheet:

Name AND Signature (or Designee)

Date