



## Jr. Hornets Football & Cheer Concussion Form

### **What can happen if my child/player keeps on playing 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 the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery or even severe brain swelling (second impact syndrome) with devastating and/or fatal consequences. It is well known that adolescent or teenage athletes will often under-report symptoms of injuries. Concussions are no different. The education of coaches, parents and students is the key to student-athlete safety.

### **If you think your child/player has suffered a concussion...**

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. Close observation of the athlete should continue for several hours.

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. He/she may not return to play until the athlete is evaluated by a medical doctor, osteopath, certified athletic trainer or ARNP trained in the evaluation, diagnosis and management of concussion, and received written clearance to return to play without restrictions from said health care provider.

You should also inform your child's coach, team mom or any executive board member if you think your child/player may have a concussion. When in doubt, the athlete sits out.

By signing below, you have read and understand the nature and risks of head injuries prescribed by HB1824, section 2, otherwise known as the Zachary Lystedt Law. Both signatures are required per Washington State law, before a player can begin practice. For more information on detecting the signs of a concussion, visit the Jr. Hornet website at [www.jrhornetfootball.com](http://www.jrhornetfootball.com), and click on the "Concussion Form".

Team (circle one): 2/3 4 5 6 7 8 Cheer

\_\_\_\_\_  
Student Athlete Name

\_\_\_\_\_  
Student Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Name

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date