



Stoughton Youth Hockey Association

P.O. Box 351

Stoughton, WI 53589

www.stoughtonhockey.com

Parent/Athlete Concussion Information Sheet/Waiver

The following information is required by Chapter 118.293 Concussion and head injury of the Wisconsin State Statutes which reads as follows:

(3) At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.

(4) (a) An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.

(b) A person who has been removed from a youth athletic activity under par. (a) may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider.

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Did You Know?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

SIGNS OBSERVED BY COACHING STAFF

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

SYMPTOMS REPORTED BY ATHLETES

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
Just not "feeling right" or "feeling down"



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CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

Remember : Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

It's better to miss one game or a few weeks than the whole season or a lifetime. For more information on concussions, visit: www.cdc.gov/Concussion.



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Liability Release

I understand that skating and playing ice hockey can include occasional injuries. I understand that there is a risk of injury to participants and spectators including the risk of paralysis and death. I understand it is important that participants protect themselves by wearing the proper equipment which includes, but is not limited to, a helmet with face guard, mouth guard, neck guard, shin pads, shoulder pads/chest protector, elbow pads, hockey gloves, breezers, and athletic supporter with cup or pelvic protector. I understand it is equally important for participants to conduct themselves in a respectful sportsmanlike manner and obey the coaching staff's directions at all times. Irresponsible or unsportsmanlike conduct will not be tolerated. Practices will be conducted in a manner to minimize bodily harm and emphasize sportsmanship and conducting oneself in a manner that is respectful of other players, coaches, spectators, and parents, and teaches self respect and respect for hockey officials.

I am participating by my own free will and accept the risks associated with participation. If I believe the risk of participation is greater than I desire, I can withdraw from the program at will.

I will not hold Stoughton Youth Hockey Association, the program staff, any of their volunteers, or the Mandt Center liable.

Medical Release

I understand that the Stoughton Youth Hockey Association program is not insured and does not offer insurance or cover any medical expenses for my child or myself. Furthermore, I understand that I am responsible for any and all medical and/or related expenses that may arise from my, or my child's participation in this program. My signature below indicates my acceptance of risk and financial obligation and confirms that I have proper medical insurance.

In the event that a parent or guardian is not present and the coaching staff feels that my child, or myself needs medical attention, I give the coaching staff permission to seek any medical attention they deem necessary and I will cover any such costs.

I have read and accept the above stated medical release, liability waiver, and Concussion Information and have had any questions answered to my satisfaction.

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date