

# Concussion and Head Injury Acknowledgement

## Pleasant Grove Public School

In compliance with Oklahoma Statute Section 24-155 of Title 70, this acknowledgement form is to confirm that you have read and understand the CONCUSSION FACT SHEET provided to you by Pleasant Grove Public Schools related to potential concussions and head injuries occurring during participation in athletics.

I, \_\_\_\_\_, as a student-athlete who participates in Pleasant Grove  
(PLEASE PRINT STUDENT-ATHLETE'S NAME)  
Public Schools athletics and I, \_\_\_\_\_ as the  
(PLEASE PRINT PARENT/LEGAL GUARDIAN'S NAME)  
parent/legal guardian, have read the information material provided to us by Pleasant Grove Public Schools related to concussions and head injuries occurring during participation in athletic programs and understand the content and warnings.

\_\_\_\_\_  
Signature of Student-Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Legal Guardian

\_\_\_\_\_  
Date

**THIS FORM IS TO BE COMPLETED ANNUALLY PRIOR TO THE ATHLETE'S FIRST PRACTICE AND/OR COMPETITION AND MAY ONLY BE KEPT ON FILE FOR ONE YEAR BEYOND THE DATE OF SIGNATURE.**

## CONCUSSION/HEAD INJURY FACT SHEET FOR PARENTS/GUARDIANS AND STUDENT-ATHLETES

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding”, “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious. You cannot see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear to be noticed until days or weeks after the injury. If your child reports any symptoms of a concussion or if you notice any symptoms yourself, seek medical attention right away.

WHAT ARE THE SYMPTOMS REPORTED BY ATHLETES?

- Headache or “pressure” in the head
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Does not “feel right”

WHAT ARE THE SIGNS OBSERVED BY PARENTS/GUARDIANS?

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

HOW CAN I HELP MY CHILD PREVENT A CONCUSSION?

- Ensure they follow their coach’s rules for safety and the rules of the sport.
- Make sure they use the proper equipment, including personal protective equipment (such as helmets, padding, shin guards and eye and mouth guards---IN ORDER FOR THE EQUIPMENT TO PROTECT YOU, it must be the right equipment for the game, position and activity and it must be worn correctly and used every time you play.)
- Learn the signs and symptoms of a concussion

FOR MORE INFORMATION VISIT:

- [www.cdc.gov/TraumaticBrainInjury](http://www.cdc.gov/TraumaticBrainInjury)
- [www.oata.net](http://www.oata.net)
- [www.ossaa.com](http://www.ossaa.com)
- [www.nfhslearn.com](http://www.nfhslearn.com)

**IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON!**