

## Concussion / Sudden Cardiac Awareness

Concussion	Sudden Cardiac Awareness
<p><b>What is a concussion?</b></p> <p>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.</p> <p><b>Warning signs of a concussion</b></p> <ul style="list-style-type: none"> <li>• Appears dazed or stunned</li> <li>• Is confused about assignment or position</li> <li>• Forget sports plays</li> <li>• Is unsure of game, score or opponent</li> <li>• Moves clumsily</li> <li>• Answers questions slowly</li> <li>• Loses consciousness (even briefly)</li> <li>• Shows behavior or personality changes</li> <li>• Can't recall events prior to hit or fall</li> </ul> <p><b>Symptoms reported by the athlete</b></p> <ul style="list-style-type: none"> <li>• Headache or pressure in head</li> <li>• Nausea or vomiting</li> <li>• Balance problems or dizziness</li> <li>• Double or blurry vision</li> <li>• Sensitivity to light</li> <li>• Sensitivity to noise</li> <li>• Feeling sluggish, hazy, foggy or groggy</li> <li>• Concentration or memory problems</li> <li>• Confusion</li> <li>• Does not "feel right"</li> </ul> <p><b>What should you do if you think a concussion has occurred?</b></p> <ol style="list-style-type: none"> <li>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.</li> <li>2. Keep your child out of the game until medically cleared. Concussions take time to heal. Do not let your child return to play until a health care profession says it's okay. Children, who return to play too soon, while the brain is still healing, risk a greater chance of having a second concussion.</li> <li>3. Inform all coaches about any recent concussions. Coaches should know if your child has had a recent concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell him or her.</li> </ol>	<p><b>What is sudden Cardiac Arrest?</b></p> <p>Sudden Cardiac Arrest (SCA) is a condition in which the heart suddenly an unexpectedly stops beating.</p> <p><b>Sudden Cardiac Arrest:</b></p> <ul style="list-style-type: none"> <li>• Occurs suddenly and often without warning</li> <li>• Is a malfunction in the heart's electrical system</li> <li>• Causes the person to lose consciousness and have no pulse</li> <li>• May cause death within minutes if not treated properly</li> </ul> <p><b>Warning signs of Cardiac Arrest</b></p> <p>Although SCA happens unexpectedly, some people may have warning signs and symptoms, such as</p> <ul style="list-style-type: none"> <li>• Fainting or seizures during exercise</li> <li>• unexplained shortness of breath</li> <li>• dizziness</li> <li>• extreme fatigue</li> <li>• chest pains</li> <li>• racing heart</li> </ul> <p><b>Treatment for cardiac arrest</b></p> <ol style="list-style-type: none"> <li>1. Call 911</li> <li>2. Begin CPR</li> <li>3. Use an Automated External Defibrillator (AED)</li> </ol> <p><b>Before returning to play, the athlete should be evaluated.</b> Clearance to return to play should be submitted in writing. A licensed physician, certified registered nurse or cardiologist must perform the evaluation.</p> <p><b>What are the risks of practicing or playing after experiencing these symptoms?</b></p> <ul style="list-style-type: none"> <li>• When the heart stops, oxygenated blood stops flowing to the brain and other vital organs</li> <li>• Death or permanent brain damage can occur in just a few minutes</li> <li>• Most people who experience SCA die from it.</li> </ul>

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

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*Signed Parent / Legal Guardian*