

Concussion Awareness Form (Youth Sports)

Participant Information

Athlete Name

Sport

Season/Year

Concussion Education

I understand that:

- A concussion is a brain injury that can affect physical, mental, and emotional health.
- Concussions can happen during practice, games, or other recreational activities.
- Symptoms of concussion may occur immediately or hours/days after the injury.
- Continuing to play after a concussion can increase the risk of more serious injury.
- It is important to report concussion symptoms to coaches and parents/guardians.
- Athletes should only return to play with medical clearance from a healthcare professional.

Symptoms of Concussion

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Confusion or memory problems
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or attention problems

Signatures

☐

I have read and understand this concussion awareness information.

☐

As a parent/guardian, I have also reviewed this information.

Athlete Signature

Date

Parent/Guardian Signature

Date