

## CONCUSSION / SUDDEN CARDIAC AWARENESS

### CONCUSSION

**What is a concussion?**

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.

**Warning signs of a concussion–For immediate Attention Call 911**

**Signs observed by a parent/guardian:**

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

**Signs reported by the athlete**

- Headache or "pressure" in the 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
- Does not "feel right"

**What Should You Do If You Think a Concussion Has Occurred?**

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.
2. **Keep your child out of the game until medically cleared.** Concussions take time to heal. Do not let your child to return to play until a health care professional says it's OK. Children who return to play too soon, while the brain is still healing, risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime..
3. **Inform all coaches about any recent concussions.** Coaches should know if your child has a recent concussion. You child's coach may not know about a concussion your child received in another sport or activity unless you tell them.
4. **Help your child son return to the school safely after a concussion.** As your child's symptoms decrease, the extra help or support can be removed gradually. Children and youth returning to school after a concussion may need to:
  - Take rest breaks as needed
  - Spend fewer hours at activities
  - If in doubt.... **SIT IT OUT!**

### SUDDEN CARDIAC ARREST

**What is Sudden Cardiac Arrest?**

Sudden Cardiac Arrest (SCA) is a condition in which the heart suddenly and unexpectedly stops beating.

**Sudden Cardiac Arrest:**

- Occurs suddenly and often without warning
- Is a malfunction in the heart's electrical system
- Causes the person to lose consciousness (passes out) and have no pulse
- **May cause death within minutes if not treated immediately**

**Warning Signs of Sudden Cardiac Arrest – For Immediate Attention Call 911**

Although SCA happens unexpectedly, some people may have signs and symptoms, such as:

- Fainting or seizures during exercise
- Unexplained shortness of breath
- Dizziness
- Extreme fatigue
- Chest pains
- Racing heart

Any of these symptoms/warning signs that occur while exercising may necessitate further evaluations from your physician before returning to practice or games.

**Treatment for Sudden Cardiac Arrest**

1. Call 911
2. Begin C.P.R.
3. Use an Automated External Defibrillator (A.E.D)

**Removal from play/Return to play**

Any athlete who shows signs and symptoms of SCA should be removed from play. The symptoms can happen before, during or after activity. Play includes all athletic activity.

**Before returning to play, the athlete should be evaluated.** Clearance to return to play should be submitted in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professional.

**What are the risks of practicing or playing after experiencing these symptoms?**

- There are risks associated with continuing to practice or play after experiencing these symptoms.
- When the heart stops, oxygenated blood stops flowing to the brain and other vital organs.
- Death or permanent brain damage can occur in just a few minutes
- **Most people who experience SCA die from it.**

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

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*Signed Parent / Legal Guardian*