

# Concussion Acknowledgement Form

**Player Name (Please Print)**

**Definition of Concussion** - A complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may: (A) include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns; and (B) involve loss of consciousness.

**Prevention** Teach and practice safe play & proper technique.

Follow the rules of play.

Make sure the required protective equipment is worn for all practices and games.

Protective equipment must fit properly and be inspected on a regular basis.

**Signs and Symptoms of Concussion** – The signs and symptoms of concussion may include but are not limited to: Head ache, appears to be dazed or stunned, tinnitus (ringing in the ears), fatigue, slurred speech, nausea or vomiting, dizziness, loss of balance, blurry vision, sensitive to light or noise, feel foggy or groggy, memory loss, or confusion.

**Treatment of Concussion** - The player shall be removed from practice or competition immediately if suspected to have sustained a concussion. Every player suspected of sustaining a concussion shall be seen by a physician before they may return to athletic participation. The treatment for concussion is cognitive rest. Players should limit external stimulation such as watching television, playing video games, sending text messages, use of computer, and bright lights. When all signs and symptoms of concussion have cleared and the player has received written clearance from a physician, the player may begin the Permian Basin Youth Football League Concussion Management Protocol Return to Play procedure.

**Parent/Responsible Decision-Maker Signature**

**Parent/Responsible Decision-Maker Name (Please Print)**

*Date*

**Player Signature**

**Player Name (Please Print)**

*Date*

**Player Safety Coach Signature**

**Player Safety Coach Name (Please Print)**

**Return to Play** - According to the Permian Basin Youth Football League Concussion Management Protocol:

A player removed from practice or competition under the Permian Basin Youth Football League Concussion Management Protocol may not be permitted to practice or compete again following the force or impact believed to have caused the concussion until:

(1) the player has been evaluated, using established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the player's parent or guardian or another person with legal authority to make medical decisions for the player;

(2) the player has successfully completed each requirement of the return-to-play protocol established under Permian Basin Youth Football League Concussion Management Protocol necessary for the player to return to play;

(3) the treating physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the player to return to play; and

(4) the player's parent or guardian or another person with legal authority to make medical decisions for the player:

(A) have acknowledged that the player has completed the requirements of the return-to-play protocol necessary for the player to return to play;

(B) have provided the treating physician's written statement under Subdivision (3) to the person responsible for compliance with the return-to-play protocol under Subsection (c) and the person who has supervisory responsibilities under Subsection (c); and

(C) have signed a consent form indicating that the person signing:

(i) has been informed concerning and consents to the player participating in returning to play in accordance with the return-to-play protocol;

(ii) understands the risks associated with the player returning to play and will comply with any ongoing requirements in the return-to-play protocol;

(iii) consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician's written statement under Subdivision (3) and, if any, the return-to-play recommendations of the treating physician.