



Concussion Form

It is the policy of the Savannah Recreation and Leisure Services Department that athletes cannot practice or compete in activities until this form has been signed or completed online with our department. You acknowledge that you have received the fact sheet on concussions by signing this form.

What is a Concussion: A type of brain injury caused by trauma? It can be caused by a hard bump or blow to or around the head, which causes the brain to move quickly inside the skull. You do not have to lose consciousness to have a concussion. If a concussion is not adequately treated, symptoms last longer and delay recovery. A second head trauma before recovery could lead to more severe injuries.

What are the signs and symptoms: Many signs and symptoms are linked with concussions? Your child may not have any symptoms until a few days after the injury. Signs are conditions observed by other people, and symptoms are feelings reported by the athlete.

Sign observed by others:

- Appears dazed or stunned
- Forgets plays
- Is unsure of game or opponent
- Moves clumsily
- Answers questions slowly
- Shows behavior or personality changes

Symptoms reported by athletes:

- Headache
- Nausea
- Dizziness
- Fuzzy vision
- Feeling foggy
- Concentration problem

What should you do if you suspect a concussion?

- Do not let your child play with a head injury.
- Check on your child often after the injury for new or worsening signs or symptoms. If the symptoms are getting worse, take them to the nearest emergency department. ☑ Take your child to the doctor for any symptoms of a concussion.
- Do not give your child pain medications without talking to your child's doctor.
- Your child should stop all athletic activity until the doctor says it's OK. Your child must stay out of play until a licensed healthcare provider clears them. They must also bring a release form that the healthcare provider clears them.
- Educate your child on concussions and why he cannot play until the symptoms are gone. Your child will need a gradual return to schools and activities.
- In case of an urgent concern or emergency, tell your child's coaches, school nurses, and teachers if he has a concussion.
- Call 911 or go to the nearest emergency right away in an urgent concern or emergency.

Warning signs - Call your child's doctor right away if:

- New signs that the doctor does not know about
- Existing signs that get worse
- Headaches that get worse
- A seizure
- Neck pain
- Tiredness
- Continued vomiting

- Trouble sleeping
- Slurred speech
- Loss of consciousness
- Blood or fluid from nose or ear
- A large bump or bruise on the scalp

Additional information can be found at:
choa.org/concussion

This is general information and not specific medical advice. Always consult with a doctor or healthcare provider if you have questions or concerns about a child's health.

Participant Name

Parent/Guardian Printed Name

Parent/Guardian Signature

Date

Recreation & Leisure Services administrative office is located at 1301 E. Victory Drive Savannah, GA 31404
Phone: 912-351-3841

December 15, 2021