

FVF Participant and Parent/Legal Guardian Concussion Acknowledgment

Flathead Valley Little Guy Football (FVF) and its participants understand that, because of the nature of full contact football, there is a risk that players may experience concussion/head injury. Flathead Valley Little Guy Football and its participants desire to recognize players who have experienced concussion/head injury and remove them from play until they are cleared by an authorized medical provider and their parent/legal guardian pursuant to FVF's Concussion Guidelines/Policy. In that regard, FVF has undertaken steps to further educate parents, participants, coaches, and others regarding concussions, removal from play due to concussion/head injury, and requirements of return to play.

By signing below we affirm we have read the information contained in and attached to this form and have read the FVF Concussion Guidelines/Policy and information at www.flatheadvalleyfootball.com

Athlete Name: _____
This form must be completed for each student-athlete, even if there are multiple student-athletes in each household.

Parent/Legal Guardian Name(s): _____

Parents and Players Must Review the Information Sheets Attached and Initial and Sign Below

Student-Athlete Initials		Parent/Legal Guardian Initials
	A concussion is a brain injury, which should be reported to parents, coach(es), officials, board members and a medical professional.	
	A concussion can affect the ability to perform activities such as the ability to think, balance, and classroom performance. Some symptoms might be present right away. Other symptoms can show up hours or days after injury.	
	Participation in any sport, including FVF football, may result in a concussion or some type of brain injury despite efforts to protect against that injury.	
	I will immediately tell my parents, my coach, and/or a medical professional about my injuries and illnesses, including symptoms of concussion. If I am a parent, I will immediately notify coaches, medical professionals and/or FVF board members if I suspect an FVF player has signs of an injury or concussion.	
	If I think a teammate has a concussion, I will tell coach(es), parents, or licensed health care professional about the concussion.	
	I agree I will not return to participation in any FVF related activity if I experience signs or symptoms consistent with a concussion. I will only return to play once I have been cleared to return by an FVF Board member and/or authorized medical personnel pursuant to FVF's Concussion Guidelines/Policy.	
N/A	I agree that my child will not return to participation in any FVF related activity if he/she experiences signs or symptoms consistent with a concussion until he/she has been cleared by FVF Board members and/or authorized medical personnel pursuant to FVF's Concussion Guidelines/Policy.	
	After a concussion, the brain needs time to heal. I understand that kids are much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read and understood the concussion symptoms on the attached concussion fact sheet.	

Signature of Athlete

Date

Signature of Parent/Legal Guardian

Date

IMPORTANT - Remove and retain the Fact Information on this page. You must Return page one of this form completed and signed to FVF on equipment issue night along with your completed physical form or you will not receive Gear !!!!

Fact Sheet for ATHLETES

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.
- **Get a medical checkup.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much

more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
 - > The right equipment for the game, position, or activity
 - > Worn correctly and fit well
 - > Used every time you play

IF YOU EXPERIENCE SYMPTOMS OF A CONCUSSION, YOU MAY NOT RETURN TO PLAY UNTIL CLEARED IN A MANNER CONSISTENT WITH THE FVF CONCUSSION POLICY/GUIDLINE

**Remember, when in doubt, sit them out!
It's better to miss one game than the whole season.**

A Fact Sheet for PARENTS

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- 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

Symptoms Reported by Athlete

- Headache or “pressure” in 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”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.

2. Keep your child out of play. Concussions take time to heal. Don't let your child 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. Tell your child's coach about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach

4. Do not return them to play until they are cleared subject to your organizations rules.