



CONCUSSION INFORMED CONSENT FORM

Effective July 26, 2009, the [Zackery Lystedt Law](#) requires:

- An informed consent form must be signed by parents and athletes acknowledging the risk of head injury.
- A youth athlete who is suspected of sustaining a head injury or concussion must be removed from play immediately.
- A youth athlete who has been removed from play due to a head injury must receive written clearance from a licensed health care provider trained in the evaluation and management of concussions prior to returning to play.

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” or what seems to be a mild bump or blow to the head can be serious. Concussions can result from a fall or from players colliding with each other or with obstacles, such as the scorer’s table, basket, or wall, even if they do not directly hit their head. Most concussions occur without the loss of consciousness.

Signs and symptoms:

The signs and symptoms of a concussion can show up immediately or may not appear for days after an injury. In order to help recognize a concussion, the following signs and symptoms should be observed:

- A forceful blow to the head or body that results in rapid movement of the head
- A change in the athlete’s mood, behavior, thinking, or physical functioning
- Signs or symptoms that may be reported by a coach, parent, or other observer:
 - Athlete loses consciousness, even if only for brief moment
 - Athlete appears stunned, dazed, or unbalanced; moves clumsily
 - Athlete cannot recall events before or after a fall or moment of contact with another athlete
 - Athlete is unsure of surroundings (game, location, score, opponent, names)
 - Athlete answers questions slowly or with slurred speech
- Signs or symptoms that may be reported or exhibited by the player:
 - Headaches or “pressure in head”
 - Nausea or vomiting
 - Dizziness or lack of balance
 - Loss of memory

- Lapses in concentration
- Double vision or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Confusion of surroundings
- Feeling sluggish or foggy
- Something does not “feel right” or “feels weird”

Risks of continuing to play with a concussion:

If an athlete has a concussion, their brain needs appropriate time to heal. While an athlete’s brain is still healing, they are much more likely to have another concussion. Repeat concussions can increase the time it takes to recover and the likelihood of having long-term problems. In rare cases, repeat concussions in young athletes can result in brain swelling, permanent brain damage or even death.

Additional resources:

Parents, guardians, and players are encouraged to review the Center for Disease Control’s free online concussion materials - <https://www.cdc.gov/headsup/youthsports/index.html>

Return to play:

Prior to returning to practices or games, athletes must complete the **“Fenix Concussion Clearance to Return to Play”** form. This form outlines the protocols athletes must follow in order to return from a concussion. Failure to complete this form will prevent athletes who have sustained a concussion to return to any Fenix practices or games. This form is available on the Fenix website, and can be directly emailed from a Coach if needed.

Release of liability:

As a parent or guardian, I have read and understand this consent form, I have explained the form to my child, I give permission for my child to participate, I express good faith in Fenix coaches, and I hereby release any Fenix coaches and affiliated trainers from any liability associated with a concussion or head injury sustained by my child.

Fenix Athlete: _____

Parent/Legal Guardian Name: _____

Signature: _____

Date: _____