



The Game for All Kids!

Possible Concussion Notification For OYSAN Soccer Events

Today, _____, 2____, at the _____ [insert name of event], _____ [insert player's name] received a possible concussion during practice or competition. US Youth Soccer and Staff want to make you aware of this possibility and signs and symptoms that may arise which may require further evaluation and/or treatment.

It is common for a concussed child or young adult to have one or many concussion symptoms. There are four types of symptoms: physical, cognitive, emotional, and sleep.

If your daughter or son starts to show signs of these symptoms, or there any other symptoms you notice about the behavior or conduct of your son or daughter, you should seek immediate medical attention:

- | | | |
|----------------------------------|-------------------|---------------------------------------|
| - Memory difficulties | - Neck pain | - Delicate to light or noise |
| - Headaches that worsen | - Odd behavior | - Repeats the same answer or question |
| - Vomiting | - Fatigued | - Slow reactions |
| - Focus issues | - Irregular sleep | - Irritability |
| - Seizures | Patterns | - Less responsive than usual |
| - Weakness/numbness in arms/legs | - Slurred speech | |

Please take the necessary precautions and seek a physician or licensed healthcare provider before allowing your daughter or son to participate further. Until a medical professional is seen, please consider the following guidelines:

- refraining from participation in any activities the day of, and the day after, the occurrence.
- refraining from taking any medicine unless (1) current medicine, prescribed or authorized, is permitted to be continued to be taken, and (2) any other medicine is prescribed by a licensed health care professional.
- refraining from cognitive activities requiring concentration cognitive activities such as TV, video games, computer work, and text messaging if they are causing symptoms.

Please be advised that a player who has been suspected of a concussion **may not return to play** until they are **provided a written clearance** that it is safe for the individual to return to practice or competition from a *licensed physician or a licensed healthcare provider*. A non-licensed healthcare provider would have to work:

- (a) In consultation with the physician
- (b) pursuant to the referral of a physician
- (c) in collaboration with a physician
- (d) under the supervision of a physician.

Player's Team: _____

Age Group: _____

Player Name: _____ Gender: _____

Player Signature: _____ Date: _____

Parent/Legal Guardian Signature: _____ Date: _____

Team Official Signature: _____ Date: _____

Parent/Legal Guardian: *By inserting my name and date, I confirm that I have been provided with, and acknowledge that, I have read the information contained in the Form.*

Coaches/Officials: Retain this signed copy for your records. If the parent/legal guardian requests a copy, please fill out in duplicate or photocopy the original for them.

References:

Kissick MD, James and Karen M. Johnston MD, PhD. "Return to Play After Concussion." Collegiate Sports Medical Foundation. Volume 15, Number 6, November 2005. http://www.csmfoundation.org/Kissick_-_return_to_play_after_concussion_-_CJSM_2005.pdf. April 22, 2011.

National Federation of State High School Associations. "Suggested Guidelines for Management of Concussion in Sports". 2008 NFHS Sports Medicine Handbook (Third Edition). 2008 77-82. <http://www.nfhs.org>. April 21, 2011.

Children's National Medical Center. "Safe Concussion Outcome, Recovery & Education (SCORE) Program." Adapted by Gerard Gioia, PhD; Micky Collins, PhD; Shireen Atabaki, MD, MPH; Noel Zuckerbraun, MD, MPH. <http://www.childrensnational.org/score>. June 27, 2011.



Return-to-Play Verification

Verification that it is safe for _____ to return to practice or competition.

On the _____ day of _____, 20____, the undersigned licensed physician or licensed healthcare provider acting in accordance with O.R.C. § 3707.511(E)(b)(2) may safely return to practice and/or competition for the concussion or possible concussion that occurred on the _____ day of _____, 20____.

Physician/Licensed Healthcare Provider