Junior Premier League USA

Concussion Informed Consent

Pursuant to Utah Code Ann. § 26-53-201, this form must be signed by all youth participants and parents/legal guardians before participating in athletic competition or engaging in any practice, tryout, workout or other physical activity associated with the youth’s candidacy for an athletic team.

**Concussion Information**

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by ab low to another part of the body with the force transmitted to the head. Concussions can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and my result in complications, including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a “bump” on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Signs and Symptoms may include one or more of the following:

* Headaches
* Pressure in the head
* Nausea or vomiting
* Neck pain
* Balance problems or dizziness
* Blurred, double, or fuzzy vision
* Sensitivity to light or nose
* Feeling sluggish or slowed down
* Feeling foggy or groggy
* Drowsiness
* Change in sleep patterns
* Amnesia
* Just not “feeling right”
* Fatigue or low energy
* Sadness
* Nervousness or anxiety
* Irritability
* Confusion, or concentration or memory problems
* Repeating the same question/comment

Signs and Symptoms observed by teammates, parents and coaches include:

* Appears dazed
* Vacant facial expression
* Confused about assignment
* Forgets plays
* Is unsure of game, score, or opponent
* Moves clumsily or displays incoordination
* Answers questions slowly
* Slurred speech
* Shows behavior or personality changes
* Can’t recall events prior to hit
* Can’t recall events after hit
* Seizures or convulsions
* Any change in typical behavior or personality
* Loses consciousness

**What can happen if my child/player keeps on playing with a concussion or returns too soon?**

Youth participants with the signs and symptoms of concussion must be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the youth participant suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents, and players is the key for a youth participant’s safety.

**If you think your child has suffered a concussion:**

Any youth participant even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. ***A youth participant who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from the competition at that time and may not return to play until the youth participant is evaluated by a licensed health care provider trained in the evaluation and management of concussions, and has received written clearance to return to play from that health care provider.*** You should inform your child/player’s coach if you think that your child/player may have a concussion. Remember, it is better to miss one game than miss the whole season. When in doubt, the youth participant sits out.

**Return to practice and competition**

The Junior Premier League USA (“***JPL***”) follows Utah Code Ann. §26-53-201, which provides that if a youth participant suffers, or is suspected of having suffered, a concussion or head injury during a competition or practice, the youth participant must be immediately removed from participating in a sporting event and cannot return until they are evaluated by a qualified health care provider who is trained in the evaluation and management of a concussion and the qualified health care provider provides JPL with a written statement stating that the qualified health care provider has, within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion and the youth participant is cleared to resume participation in the JPL sporting event. A “qualified healthcare provider is someone who is licensed in the state of Utah under the Division of Occupational and Professional Licensing Act and may evaluate and manage a concussion within the health care provider’s scope of practice.

For more information from the CDC on concussions you can go to:

[www.cdc.gov/headsup/youthsports/index.html](http://www.cdc.gov/headsup/youthsports/index.html)

By signing this Informed Consent, the youth payer acknowledges the information provided above was read and understood.

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Youth Printed Name Youth Signature Date

By signing this agreement, I acknowledge that I have read the above information and understand the nature and risk of concussions and head injuries, including the risk of continuing to play after a concussion or head injury, and that I will comply with the concussion policy described above.

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Parent/Guardian Printed Name Parent/Guardian Signature Date