



Nebraska State Soccer CONCUSSION CLEARANCE FORM

A FACT SHEET FOR PARENTS AND ATHLETES**HEADS UP: Concussions in Sports

The information below was taken from the Nebraska Legislative Bill LB260-The Concussion Awareness Act

- 1. An athlete who participates on a NSSA member team shall be removed from a practice or game when he or she is reasonably suspected of having sustained a concussion or brain injury in such practice or game after observation by a coach or a licensed health care professional who is professionally affiliated with or contracted by NSSA.**
- 2. Such athlete shall not be permitted to participate in any sanctioned team athletic activities involving physical exertion, including, but not limited to, practices or games, until the athlete (a) has been evaluated by a licensed health care professional, (b) has received written and signed clearance to resume participation in athletic activities from the licensed health care professional, and (c) has submitted the written and signed clearance to resume participation in athletic activities to the NSSA accompanied by written permission to resume participation from the athlete's parent or guardian.**
- 3. Licensed health care professional means a physician or licensed practitioner under the direct supervision of a physician, a certified athletic trainer, a neuropsychologist, or some other qualified individual who (a) is registered, licensed, certified, or otherwise statutorily recognized by the State of Nebraska to provide health care services and (b) is trained in the evaluation and management of traumatic brain injuries among a pediatric population.**

What is a concussion?

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

What parents/guardians should do if they think their child has a concussion?

- 1. OBEY THE NEW LAW—The Concussion Awareness Act**
 - Keep your child out of participation until she/he is cleared to return by a licensed healthcare provider.
 - Seek medical attention right away.
- Teach your child that it's not smart to play with a concussion.
- Report ANY concussion to your child's school and ALL of your child's coaches including club and school sports.

What are the signs and symptoms of a concussion?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your child reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your child out of play and seek medical attention right away.

ATHLETES:

If you think you have a concussion:

- Tell your coaches & parents** – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- Get a medical check-up** – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- Give yourself time to heal** – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

PARENTS:

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 and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

Symptoms Reported by Athletes:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

Signs Observed by Parents or Guardians:

- 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 mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Information on concussions provided by the Centers for Disease Control and Prevention. For more information visit: www.cdc.gov/Concussion

By signing below, the following individuals acknowledge that the athlete-athlete can resume participation in athletic activities.

LICENCED HEALTH CARE PROFESSIONAL SIGNATURE DATE

LICENCED HEALTH CARE PROFESSIONAL PRINTED NAME

ATHLETE'S SIGNATURE

ATHLETE'S PRINTED NAME

PARENT'S/GUARDIAN'S SIGNATURE DATE

ATHLETES TEAM NAME