

PARENT/ATHLETE CONCUSSION INFORMATION SHEET

A concussion is a type of traumatic brain injury that changes the way the brain normally works. It is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump can be serious. 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 an athlete reports one or more symptoms of concussion listed below after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it’s OK to return to play.

Concussion Danger Signs: In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Loses consciousness (even if brief)
- Becomes increasingly confused, restless, or agitated
- Cannot recognize people or places
- Has unusual behavior
- Convulsions or seizures
- Slurred Speech

Why should an athlete report their symptoms? If an athlete has a concussion, his/her brain needs time to heal. While an athlete’s brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal. What should you do if you think your athlete has a concussion? If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it’s OK to return to play. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional. It’s better to miss one game than the whole season.

ASSUMPTION OF RISK, WAIVER, AND RELEASE OF LIABILITY

This waiver may not be modified. In consideration of being allowed to receive training services provided by the Trainer, the undersigned acknowledges, appreciates & willingly agrees that:

1. I will comply with the stated & customary terms & conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation & bring such to the attention of the nearest official immediately.
2. I acknowledge & fully understand that the Client or Client’s child/ward will be engaging in activities that involve risk of serious injury including traumatic brain injury, permanent disability & death, & severe social & economic losses which may result not only from their own actions,

inactions or negligence but the action, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, I accept personal responsibility for the damages following such injury including traumatic brain injury, permanent disability or death.

3. I knowingly & freely assume all such risk, both known & unknown, even those arising from the negligent acts or omissions of others & assume full responsibility for my participation.
4. I, for myself & on behalf of my heirs, assigns, personal representatives & next of kin, hereby release, & agree to hold harmless Amar Amin (hereinafter referred to as "releasee"), with respect to all & any injury, disability, death or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise, to the fullest extent permitted by law. I will indemnify, save & hold harmless above named releasees of, from & against any loss, cost, expense, damage or liability that such releasees may incur as a result of, arising from or in connection with such claim, including without limitation any attorney's fees, or other costs or expenses or litigation.

I have read this Assumption of Risk, Waiver, and Release of Liability, fully understand its terms, and understand that I have given up substantial rights by signing it and sign it freely and voluntarily without any inducement.

Participant is 19 or Older. Date: _____ Participant's Signature: _____

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to indemnify and hold harmless the releasee from any and all liabilities incident to my minor child's/ward's involvement or participation in the Training Sessions provided by Amar Amin, even if arising from his negligence, to the fullest extent permitted by law.

Participate is UNDER 19. Date _____ Parent/Guardian Signature _____

Parent/Guardian Name: _____ Parent/Guardian Email: _____