



As of July 1, 2012, Florida Statute 943.0438 requires that all youth athletes and their parent or guardian sign and return an informed consent form each year. This form explains the nature and risks of concussions and head injuries (including the dangers of continuing to play after such an injury) before participating in any practices, tryouts, workouts, or games.

**The facts:**

A concussion is a brain injury

- All concussions are serious
- Concussions can occur without loss of consciousness
- Concussions can occur in any sport
- Recognition and proper management of concussion when they first occur can help prevent further injury or even death

**What is a concussion?**

A concussion is a type of brain injury that affects how the brain functions. It's typically caused by a blow to the head or body that makes the brain move rapidly within the skull. Even what seems like a mild bump, a fall, or a collision—whether or not the head is directly hit—can result in a serious concussion.

**To help recognize a concussion, you should watch for the following signs:**

1. A forceful blow to the head or body that results in rapid movement of the head
2. Any change in the athlete's behavior, thinking, or physical functioning
3. Signs or symptoms of concussion that may be reported by a coach or other observer:
  - a) Appears dazed or stunned
  - b) Is confused about assignment or position
  - c) Forgets sports plays
  - d) Is unsure of the game, score or opponent
  - e) Moves clumsily
  - f) Answers questions slowly
  - g) Loses consciousness (even briefly)
  - h) Can't recall events prior to hit or fall
4. Signs and symptoms that may be reported by the player:
  - a) Headache or pressure in the head
  - b) Nausea or vomiting
  - c) Balance problems or dizziness
  - d) Double or blurry vision
  - e) Sensitivity to light and/or noise
  - f) Feeling sluggish, hazy, foggy, or groggy
  - g) Concentration or memory problems

Both parents/guardians and players are advised to review the Center for Disease Control's free online concussion training. Click the following link for more information: <https://www.cdc.gov/heads-up/index.html>

**Under Florida law, this player who has suspected concussion or head injury must be removed from play or practice. Before the player may return to practice or competition a written medical clearance to return stating that the youth athlete no longer exhibits signs, symptoms, or behaviors consistent with a concussion or other head injury must be received from an appropriate health care professional trained in the diagnosis, evaluation, and management of concussions.**

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In Florida, an appropriate health-care professional (AHCP) is defined as either a licensed physician (MD, as per Chapter 458, Florida Statutes), a licensed osteopathic physician (DO, as per Chapter 459, Florida Statutes), a licensed physicians assistant under the supervision of a MD/DO (as per Chapters 458.347 and 459.022, Florida Statutes) or health care professional trained in the management on concussions.

I have read and understand this consent form, and I volunteer to participate. As a parent or guardian, I have read and understand this consent form and I give permission for my child to participate.

Player Name \_\_\_\_\_

Player Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent Name \_\_\_\_\_

Signature \_\_\_\_\_ Date: \_\_\_\_\_