

**Taylorsville Youth Baseball Concussion and Head Injury
Release Form**
**Pursuant to the passage of House Bill 204, Protection of
Athletes with Head Injuries and in order to help protect
participants in Taylorsville Baseball, effective
January 1st 2013, Taylorsville Baseball requires that athletes of all ages,
parents/guardians and coaches follow Taylorsville Baseball Head
Injury Policy and Procedures.**

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 a blow to another part of the body with the force transmitted to the head. They 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 may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or bump in the head can be serious. You can’t 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.

SYMPTOMS MAY INCLUDE ONE OR MORE OF THE FOLLOWING:

Headaches	Amnesia
Pressure in head	Don’t feel right
Nausea or vomiting	Fatigue or low energy
Neck Pain	Sadness
Balance problems or dizziness	Nervousness or anxiety
Blurred, double, or fuzzy vision	Irritability
Sensitivity to light or noise	More emotional
Feeling sluggish or slowed down	Confusion
Feeling foggy or groggy	Concentration or memory problems
Drowsiness	Forgetting game plays
Change in sleep patterns	Repeating the same question/comment

SIGNS OBSERVED BY TEAMMATES, PARENT AND COACHES INCLUDE:

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

IF YOU THINK YOUR CHILD HAS SUFFERED A CONCUSSION

Any athlete 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. The new “Zachery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time” **AND** “May not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”. You should inform your child’s coach if you think that your child may have a concussion. Remember, it’s better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For all current and up to date information on concussions you can go to:

<http://www.cdc.gov/concussioninyouthsports/>