



### **Washington Capital United Concussion Information and Waiver**

- I understand that it is my responsibility to report all injuries to my coach in a timely manner and let him/her know of any precautions that must be taken. If possible, I will undergo a baseline concussion test prior to the start of the season.
- I understand that “A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth”. ([CDC HEADS UP](#)) The effects and implications of such an injury are severe.
- I understand that any of the following symptoms reported by a player are signs of a concussion and require further evaluation by a qualified medical professional. ([CDC](#))
  - Headache or “pressure” in head.
  - Nausea or vomiting.
  - Balance problems or dizziness, or double or blurry vision.
  - Bothered by light or noise.
  - Feeling sluggish, hazy, foggy, or groggy.
  - Confusion, or concentration or memory problems.
  - Just not “feeling right,” or “feeling down”.
- I understand that any of the following observed symptoms are signs of a concussion and require further evaluation by a qualified medical professional. ([CDC](#))
  - Forgetfulness
  - Confusion
  - Clumsiness
  - Slow response
  - Changes in mood, behavior, or personality
  - Loss of consciousness

\*\*Symptom of a severe concussion. Requires immediate medical attention\*\*
- I understand that concussion signs and symptoms do not always present immediately after the initial injury, therefore any player who experienced a head trauma must be monitored for several hours and days following the incident.
- As a player, I understand that I will not return to play in a game or practice if I have received a blow to the head that has resulted in concussion-symptoms. I understand that this is a precautionary measure to prevent any further injury until a proper diagnosis is received by a qualified medical professional. Continuing to play while displaying concussion symptoms drastically increases the risk of reinjury. In rare cases, repeat concussions can cause permanent brain damage or even death.



- I understand that if I am experiencing concussion related symptoms, I must seek medical attention from a qualified medical professional before I will be allowed to return to play. Physical and mental rest is the only treatment for concussions, and even mild concussions require at least a week to fully heal.
- I understand that I must get cleared by a qualified medical professional before being allowed to return to physical activity, and that my coach will follow the 5-step return to play progression as outlined by the CDC and verified by your qualified medical professional. [https://www.cdc.gov/headsup/basics/return\\_to\\_sports.html](https://www.cdc.gov/headsup/basics/return_to_sports.html)
- I understand and agree to provide Capital Travel Sports (d.b.a. Washington Capital United) with written confirmation of my clearance by a qualified medical professional.

For more information on concussions and brain injuries visit:

<https://www.cdc.gov/headsup/basics/index.html>