

*Adapted from the CDC and the 3rd International Conference on Concussion in Sports document  
Revised 2018-01-16*

# NCSL CONCUSSION WAIVER

## WHAT CAN HAPPEN IF MY CHILD KEEPS ON PLAYING WITH A CONCUSSION OR RETURNS TOO SOON?

Athletes showing signs and symptoms of a concussion should be removed from play immediately. Continuing to play with a concussion leaves the young athlete vulnerable to greater injury. There is an increased risk of damage after a concussion occurs, particularly if the athlete suffers another concussion (second impact syndrome) before completely recovering from the first one. This can lead to a prolonged recovery or severe brain swelling with devastating and sometimes fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. Concussions are no different. Education of administrators, coaches, parents, and students is the key for student-athlete's safety.

## IF YOU THINK YOUR CHILD HAS SUFFERED A CONCUSSION

Any athlete 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 fade, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington requires the consistent and uniform implementation of well-established return-to-play guidelines:

"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 also inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than to miss the whole season. When in doubt, the athlete sits out.

For current and up-to-date information on concussions see: <https://www.cdc.gov/HeadsUp/>.

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Student-Athlete Printed Name

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Student-Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Printed Name

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Parent or Legal Guardian Signature

\_\_\_\_\_  
Date