



Concussion Awareness Educational Material **Acknowledgement**

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and Students provided by Bath Charter Township.

Student Name Printed

Parent or Guardian Name Printed

Student Name Signature

Parent or Guardian Signature

Student's Date of Birth

Date at Which Athlete will be 25

Date

Date

Return this completed form to the Bath Charter Township Parks & Recreation Department. This form is a one-time form and will be kept on file until participant reaches the age of 25 and must be on file before a registration can be completed.

Students and parents should review and keep the educational materials available for future reference.

Mission Statement

To provide educational programs, recreational activities, community facilities and quality parks for the enrichment of township residents.

**BATH CHARTER TOWNSHIP
PARKS AND RECREATION
COMMUNITY SPORTS**

CONSENT TO PARTICIPATE IN BATH CHARTER TOWNSHIP PROGRAMS

I hereby give my consent for _____ to participate in the Sports Program sponsored by Bath Charter Township Parks & Recreation. I, on behalf of myself, the player, and our family, release and discharge all of the coaches, officials, volunteer or members of Bath Charter Township and its Parks & Recreation Department of any/all liability and responsibility for any injury that the player may sustain while participating in the Program. I acknowledge that Bath Charter Township programs do not provide medical insurance for participants.

Parent or Guardian Signature _____ Date _____

I give consent for my child to be photographed and or videotaped by Bath Charter Township for educational, informational, public relations and promotional purposes.

Yes _____ No _____

Parent or Guardian Signature _____ Date _____

Please print child's name _____

**BATH CHARTER TOWNSHIP PARKS AND RECREATION
COMMUNITY SPORTS
PLAYERS CODE OF ETHICS**

I hereby pledge to be positive about my youth sports experience and accept responsibility for my participation by following this Players Code of Ethics Pledge:

- I will attend every practice and game that I can, and will notify my coach if I cannot.
- I will expect to receive a fair and equal amount of playing time.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other players, officials and fans with respect regardless of race, sex, creed, or abilities and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun!
- I deserve to play in an environment that is free of drugs, tobacco, and alcohol and expect adults to refrain from their use at all youth sports events.
- I will encourage my parents to be involved with my team in some capacity because it's important to me.
- I will do my very best in school.
- I will remember that sports are an opportunity to learn and have fun.
- I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game/practice, by demonstrating good sportsmanship.

Player's Signature _____

Print Name _____ Date _____

PLEASE READ, SIGN AND RETURN TO YOUR CHILD'S COACH

PARENTS CODE OF ETHICS

I hereby pledge to provide positive support, care and encouragement for my child's participation in youth sports by following this Parents Code of Ethics Pledge.

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game and practice.
- I will place emotional and physical well-being on my child ahead of any personal desires to win.
- I will insist that my child play in a safe and healthy environment.
- I will support coaches and officials working with my child.
- I will appreciate the fact that all coaches are volunteers and are doing their very best.
- I will demand a sports environment for my child that is free of drugs, tobacco, and alcohol and I will refrain from their use at all youth sports events.
- I will remember that the game is for youth – NOT ADULTS.
- I will do my very best to make youth sports enjoyable for my child.
- I will insist that my child treat other players, coaches, spectators and officials with respect.
- I will require that my child's coach upholds the Coaches Code of Ethics Pledge. (You may request a copy of the Coaches Code of Ethics Pledge. Contact Becky Goodwin at 641.6728 x131.)
- I will refrain from using offensive/vulgar language at all times.
- I will allow myself 24 hours to reflect prior to approaching the coach with a concern unless it is a safety issue (which can be immediate).
- If there is a need to speak with the coach I will do it in a positive manner. If I do not feel my issues have been resolved, I will contact the Director of Bath Twp. Parks & Recreation.

Participation in youth sports plays a valuable role in the development of children. Aspects of teamwork, dedication, discipline, physical fitness, self-esteem and fair play all contribute to the overall growth and nurturing of our youth. Bath Charter Township Parks & Recreation takes this responsibility seriously and strives to offer quality programs which will aid in this development. If at any point you feel there is an issue that needs to be addressed, PLEASE contact the Bath Charter Township, Parks & Recreation Director at 641.6728 x131.

By signing below, I _____ agree to abide by all rules and regulations as stated above.

Signature _____ Date _____

Concussion Fact Sheet

ATHLETE, PARENT & COACH

The signs of a serious head injury, such as a concussion or epidural hematoma, don't always appear immediately. Sometimes the warning signs of a head injury don't show up for several hours or even days later. **Even a minor blow to the head can result in a serious head injury that, if left untreated, can result in life-threatening complications.** A concussion may cause a change in a person's mental status at the time of the injury, including, but not limited to, feeling dazed, disoriented, or confused, and may or may not involve a loss of consciousness. A concussion may be caused by any type of accident or injury including, but not limited to, the following: a fall, a blow, bump or jolt to the head or body, and/or the shaking or spinning and deceleration of the head.

Concussion Facts

- A concussion is a type of traumatic brain injury that affects how your brain works.
- Concussions are caused by a bump or blow to the head, or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.
- You can't see a concussion.
- Signs and symptoms can show up right after the injury or may not appear or be noticed until days or weeks after the injury.
- If you suspect a concussion has occurred, the participant's parents should be immediately notified.
- A suspected concussion player should seek medical attention immediately.
- A suspected concussed player may not return to play on the day of the injury.
- The athlete may only return to play with permission from a health care professional (MD or DO) experienced in evaluating for concussions. (Medical Clearance to Return to Play form must be completed by Doctor and presented to the coach upon return.)
- Most concussions occur without loss of consciousness
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.

- Young children and teens are more likely to get a concussion and take longer to recover than adults.
- During recovery 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.
- Unlike with some other injuries, playing or practicing with concussion symptoms is dangerous and can lead to a longer recovery and a delay in your return to play.
- 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.
- 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.
- Ignoring symptoms of a concussion and trying to "tough it out" often makes symptoms worse.
- Don't let anyone pressure you into continuing to participate if you believe you are suffering from a concussion.
- The sooner an athlete is checked out, the sooner the athlete may be able to safely return.
- Take care of your brain. A concussion can affect one's ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

Symptoms – Concussion symptoms differ with each person and with each injury, and may not be noticeable for hours or days. Symptoms include:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”
- Forgets an instruction
- Difficulty remembering or paying attention
- Feeling irritable, more emotional, or “down”
- Slowed reaction time
- Sleep problems
- Loss of Consciousness (most concussions occur without loss of consciousness)

Signs – Observed by parents/guardians/coach: If your athlete has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion. Those signs in bold (dark black) are considered danger signs and the child should be seen in an emergency department right away:

- Appears dazed, stunned or confused
- Is confused about assignment or position
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Shows mood, behavior, or personality changes (becomes increasingly confused, restless, or agitated)
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall
- Forgets an instruction
- Vomiting or nausea
- **One pupil larger than the other**
- **Drowsy or cannot be awakened**
- **A headache that gets worse or doesn't go away**
- **Weakness, numbness, or decreased coordination**
- **Convulsions or seizures**
- **Slurred speech**
- **Difficulty recognizing people or places**
- **Exhibits unusual behavior**
- **Increasing confusion, restlessness, or agitation**
- **Loss of consciousness (even a brief loss of consciousness should be taken seriously)**
- **Repeated vomiting or nausea**

What should you do if you suspect a concussion?

Athlete:

If you believe you have the symptoms of a concussion, tell your parents, and/or coach immediately. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. Youth who return to play too soon – while the brain is still healing – risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting you for a lifetime. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

Remember that concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

Coach:

If you suspect that one of your players sustained a concussion, you **MUST** remove the athlete from play and notify the parent immediately indicating that you suspect a concussion. (You can use the Emergency Medical Form or Registration Form for parent contact information.) Do not try to judge the severity of the injury yourself. Keep in mind that this athlete may not return on the same day as the injury was sustained.

Present the parent with a Medical Clearance to Return to Play form and an Accident Report form to complete. Read on the following page the parent's instructions.

Coaches also need to complete a copy of the Accident Report form (practice or game) and submit to the Parks & Recreation office within 24 hours of the injury occurring. Again, the after-hours drop box is available for your convenience, if needed. You must also call the Parks & Recreation Director with information on

the athlete's injury (Becky Goodwin 410-5895) immediately following the event in which the injury took place.

Parent:

If your athlete's coach suspects a concussion, you will be notified immediately and presented with a Medical Clearance to Return to Play form and Accident Report Form.

Please complete the Accident Report Form and return to the Bath Twp. Offices within 24 hours. In the event that the office is closed, an after-hour's drop box is located near the entry doors of the Twp. Offices for your convenience. The Medical Clearance to Return to Play form must be completed by a Dr. (DO or MD). This form must be presented to your athlete's coach before s/he can return to participate. Under **NO** circumstances can an athlete return to participate on the same day as the injury occurred.

In the event of a diagnosed concussion by your physician (DO or MD), follow your doctor's orders.

How can a youth prevent a concussion or other serious brain injury?

Follow the coach's rules for safety and the rules of the sport.

Practice good sportsmanship at all times.

Wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.

For programs utilizing a helmet, wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture. There is no "concussion-proof" helmet and they are not designed to prevent a concussion. Therefore, even with a helmet, it is important for athletes to avoid hits to the head.

Returning after a concussion:

Athletes who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer

Parents - Communicate with teachers, school nurses, coaches, speech-language pathologists, or counselors about your athlete's concussion and symptoms. As your child's symptoms decrease, the extra help or support can be removed gradually.

Safety Comes First!

Don't hide it, report it.

Get checked out.

Take Care of your Brain.