WHAT IS A CONCUSSION?
A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly 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.

WHAT ARE THE SIGNS & SYMPTOMS OF A CONCUSSION?
Signs and symptoms of a concussion can show up right after the injury or may appear days or weeks after the injury. If an athlete reports one or more symptoms of concussions listed below after a bump, blow, or jolt to the head or body, they should be kept out of play the day of the injury and until a health care professional, experienced in evaluating concussions, says they are symptom free and OK to return to play.

SIGNS REPORTED BY COACHING STAFF:
- Appears dazed or stunned
- Forgetfulness/confusion
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows mood or behavior changes

SYMPTOMS REPORTED BY ATHLETES:
- Headaches or pressure in the head
- Nausea or vomiting
- Balance problems or dizziness
- Blurry vision
- Sensitivity to noise
- Memory problems
- Feeling sluggish, dizzy, or groggy

WHAT SHOULD YOU DO IF YOU THINK AN ATHLETE HAS A CONCUSSION?
If you suspect that an athlete has a concussion, remove them from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play until a medical professional says they are symptom free and OK to return to play. Rest is the key to help an athlete recover. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional. Learn more at: www.cdc.gov/concussions/HeadsUp/youth.htm

WHY SYMPTOMS SHOULD BE REPORTED?
If an athlete has a concussion, they need time to heal. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in youth athletes can result in brain swelling or permanent damage the has the potential to be fatal.

CONCUSSION DANGER SIGNS:
In rare cases, a blood clot may form on the brain of a person with a concussion. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body they exhibit any of the following danger signs:
- One pupil is larger than the other
- A headache that gets worse
- Slurred speech
- Seizures
- Cannot be awakened
- Repeated vomiting
- Loses consciousness for any amount of time
- Loss of consciousness
- Falls asleep
- Moves clumsily
- Answers questions slowly
- Repetitive vomiting
- Increased headache
- Permanent damage

WHAT ARE THE SIGNS & SYMPTOMS OF A CONCUSSION?
Signs of a concussion can include, twisting an ankle, pulled muscles, jammed fingers, broken bones, lacerations and more serious injuries or death which may result from participating in any of the above mentioned programs. Although I fully appreciate those risks, I desire to participate myself or have my child or legal ward participate. I do hereby waive, release, absolve, indemnify, and agree to hold harmless the City of New Berlin, any and all sponsors, or other individuals, firm or organization from any claims, demands, actions, causes or action, fees, expenses including actual attorney fees incurred by the parties released arising from or resulting in whole, or part, from my participation or the participation of my minor child or ward in the City of New Berlin Recreation Program, or the acts or omissions by any organization, firm, or individuals that may take place in connection with the City of New Berlin Recreation Program. This waiver should be binding on my heirs, personal representatives, agents, administrators and assigns. I also grant permission to managing personnel or other representatives to authorize and obtain medical care from any licensed physician, hospital, or medical clinic should a participant become ill or injured while participating in activities away from home, or at any other moment when a parent or legal guardian is unavailable to grant authorization for emergency treatment. Furthermore, I hereby grant full permission to any and all of the forgoing to use any photographs, video, motion pictures, recordings, or any other records of this event for any legitimate purpose including but not limited to the promotion of the City of New Berlin Recreation Department events.