

## Montana Youth Rugby Parental Information and Consent Form

**CONCUSSIONS MUST BE TAKEN EXTREMELY SERIOUSLY.** 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.**

As such:

- Concussions must be taken extremely seriously to safeguard the long term welfare of Players.
- Players suspected of having a concussion must be removed from play and must not resume play in the match.
- Players suspected of having a concussion must be medically assessed.
- Players suspected of having a concussion or diagnosed with concussion must go through a graduated return to play protocol (GRTP).
- Players must receive medical clearance before returning to play.

### Early Signs of Concussion:

Indicator	Evidence
Symptoms	Headache, dizziness, “feeling in a fog”
Physical Signs	Loss of consciousness, vacant expression, vomiting, inappropriate playing behavior, unsteady on legs, slowed reactions
Behavioral Changes	Inappropriate emotions, irritability, feeling nervous or anxious
Cognitive Impairment	Slowed reactions times, confusion/disorientation, poor attention and concentration, loss of memory for events up to and / or after the concussion
Sleep Disturbance	Drowsiness

### What happens if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to server brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussion is no different. As a result, 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 even suspected of suffering a concussion should be removed from the game or practice immediately. It is Montana Youth Rugby policy that 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.

You should also inform your child’s coach if you think that your child may have a concussion. Remember, it is better to miss on game than miss the whole season.

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Student---athlete Name Printed

Signature

Date

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Parent / guardian Name Printed

Signature

Date

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