



UNIVERSITY OF NEVADA, RENO
Concussion Information and Risk Statement for Intramural and Club Sport Athletes

ASUN Club Sports and Intramural Sports are committed to the health and safety of our participants; therefore we have developed this information and consent form to educate you about concussions.

A concussion is a brain injury that is caused by a direct or indirect blow to the head or body that can be from contact with another player, the ground or a piece of equipment. A concussion causes short lasting injury to the brain, which typically goes away with time. It can change the way your brain normally works and can range from mild to severe. It can look different for each student athlete and can occur during practice or competition. Sometimes, there can be more serious problems from a concussion, so it is important that you are evaluated by a healthcare provider and watched by a family member or friend for the next 24 hours. A concussion does not usually cause structural damage to the brain, so a normal x-ray, CT scan, or MRI scan of the head does **NOT** rule out a concussion. Concussions may cause problems with concentration and memory, “feeling tired” or “foggy,” headache, and nausea. Student athletes may feel irritable, be more emotional than usual or be bothered by bright lights and loud noises. **You do not have to lose consciousness to have a concussion.**

Steps you can take to help prevent a concussion:

- Do not initiate contact with another player with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head with your body or with your equipment.
- Follow the game rules for the sport and the safety rules.
- Practice good sportsmanship at all times.

It is important that you (the student athlete) is observed for the next 24-48 hours and are not left alone. If the following symptoms persist or worsen, you should be evaluated by medical provider sooner either in the office or at the hospital. Return to school/sports will be determined by your health care provider.

Signs and symptoms of a concussion:

SYMPTOMS student athlete may complain of:	
<ul style="list-style-type: none"> • Increasing headache 	<ul style="list-style-type: none"> • Numbness or paralysis-trouble moving arms/legs
<ul style="list-style-type: none"> • Increasing nausea or vomiting 	<ul style="list-style-type: none"> • Feeling tired or “foggy” or “not right”
<ul style="list-style-type: none"> • Problems with balance 	<ul style="list-style-type: none"> • Sensitivity to light or sound
<ul style="list-style-type: none"> • Problems with memory or focus 	<ul style="list-style-type: none"> • Extremely irritable or sad/tearful
SIGNS caregiver may notice:	
<ul style="list-style-type: none"> • Appears dazed or stunned 	<ul style="list-style-type: none"> • Numbness or paralysis-trouble moving arms/legs
<ul style="list-style-type: none"> • Asks same question over and over 	<ul style="list-style-type: none"> • Convulsions , seizures or tremors
<ul style="list-style-type: none"> • Inability to follow simple instructions 	<ul style="list-style-type: none"> • Difficulty in being aroused or unusual sleepiness
<ul style="list-style-type: none"> • Slurred or garbled speech 	<ul style="list-style-type: none"> • Moves slowly or unsteadily

Signs and symptoms of a concussion:

If you think you have a concussion, don't hide it and don't ignore it. Get checked out by a healthcare provider. If our staff see you with any signs, symptoms or behaviors consistent with a concussion you will be removed from practice or competition and **you cannot return to activity for the remainder of that day**. If you think you have sustained a concussion you should be evaluated by a health care professional. If you are diagnosed with a concussion, your brain needs time to heal. You should not return to practice or play until cleared by a health care professional.

It is important that you (the student athlete) is observed for the next 24-48 hours and are not left alone. If the following symptoms persist or worsen, you should be evaluated by medical provider sooner either in the office or at the hospital. Return to school/sports will be determined by your health care provider.

HOME CARE

- Avoid taking medications except acetaminophen (Tylenol®) after the injury.
- Do not drive until cleared to do so by medical provider.
- Avoid taking alcohol, illicit drugs, or other things that slow brain function and recovery.
- Rest, but resume normal activities of daily living as tolerated. Avoid activities involving exertion and any activity that increases symptoms.
- Avoid prolonged television video games, texting, or time in front of a computer until symptoms have improved.
- Classes and tests may need to be modified or delayed. This should be based on recommendations from your healthcare provider.
- Eat a well-balanced diet that is nutritious in both quality and quantity.
- Only awaken the student athlete during the night if instructed by a medical provider. Otherwise, sleep is important for recovery, and a regular sleep schedule should be followed. Avoid daytime naps.

If any concerns, call your healthcare provider or 911 for immediate re-evaluation.

Informed Consent and Acceptance of Responsibility for Reporting Signs of Concussion

I have read the information on concussion and the signs and symptoms of a concussion. I accept full responsibility for reporting any signs and symptoms of concussion to a healthcare provider.

Signature

Date

Printed Name

Club Sport