



**CITY OF CONWAY PARKS,  
RECREATION AND  
TOURISM**

**CONCUSSION PARENTAL  
ACKNOWLEDGMENT FORM**

I, \_\_\_\_\_ (name of parent/guardian) as parent/guardian

of \_\_\_\_\_ (name of player). Have read the information material provided to us by the City of Conway Parks, Recreation, and Tourism Department related to concussion occurring during participation in sporting events and understand the content, responsibilities and warnings therein.

I understand that if my child sustains a concussion, it is my responsibility to return a completed Qualified Health Care Provider Statement Authorizing Player to Resume Play form to the Conway Parks, Recreation and Tourism Department (this form can be downloaded at [www.conwayparksandrecreation.com](http://www.conwayparksandrecreation.com) or be picked up at the Conway Recreation Center.

By signing below, I acknowledge that I have read and understand the concussion Information sheet and the Concussion Policy and that I agree to abide by the City's Concussion Policy.

\_\_\_\_\_  
SIGNATURE OF PARENT/GUARDIAN

\_\_\_\_\_  
DATE

PLAYERS NAME: \_\_\_\_\_

PLAYERS DOB: \_\_\_\_\_

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## Concussion Information Sheet

### **What is a concussion? A concussion is a brain injury that:**

- Is caused by a bump or blow to the head Or a blow to the body that causes the head to move rapidly back and forth.
- Can change the way your brain normally functions
- Can occur in any activity
- Can happen even if you do not lose Consciousness
- Can be serious

### **What are the symptoms of a concussion?**

Signs and symptoms of a concussion can show up right after the injury or may not appear to be noticed until days, even weeks after the injury.

### **Signs of Possible Concussion:**

If your child has experienced a blow to the head during an Activity, look for any of the following signs or symptoms of Concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Cannot recall event prior to blow
- Cannot recall events after blow

### **Symptoms Reported by Player:**

- Headache or pressure in head
- Nausea or vomiting
- Balance problems or dizziness, double Or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Does not feel right or is feeling down

### **What should the player do if you think you may have a concussion:**

- Tell your coaches or parents
- Get a medical checkup
- Rest – take time off from sport or event

### **What should a parent/guardian do if they think child has a concussion?**

- Seek medical attention right away
- Keep your child out of play until Cleared by a Qualified Health Provider. Obtain a Qualified Health Care Provider Statement Authorizing Player to Resume Play Form.
- Return completed Qualified Health Care Provider Statement Authorizing Player to Resume Play Form to the Conway Parks, Recreation and Tourism Department before child will be allowed to resume participation

### **How can you prevent a concussion?**

- Use proper equipment, including protective equipment (such as helmet, mouth guard, and padding. In order for equipment to work, it must be the right equipment for the game or activity, position of play; it must be worn correctly and used every time the player participates.

### **For more information on concussions please visit:**

[www.cdc.gov/concussion/sports/index](http://www.cdc.gov/concussion/sports/index).