

**UNIVERSITY OF CINCINNATI
CLUB SPORT STUDENT-ATHLETE CONCUSSION STATEMENT**

The University of Cincinnati Club Sports Program has a responsibility to educate its student athletes of the signs and symptoms of mild traumatic brain injuries; otherwise known as concussions. Club Sports Safety Officers (each club has two) attend training in order to be able to recognize concussive-type symptoms. However, many concussions can go unreported. It is imperative that those student-athletes, who suspect they may be suffering from a concussion, seek treatment and report to a physician. Please review the following concussion fact sheet and statement below.

After reading the Concussion fact sheet, I am aware of the following information:

- A concussion is a brain injury that can affect my ability to perform everyday activities, and affect reaction time, balance, sleep, and classroom performance.
- You cannot see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.
- If I suspect a teammate has a concussion, I am responsible for reporting the injury to my coach, club president, club safety officers, or club sports program coordinator.
- I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion-related symptoms (two or more).
- Following a concussion, the brain needs time to heal. You are much more likely to have a repeat concussion if you return to play before your symptoms resolve.
- In rare cases, concussions can cause permanent brain damage, and even death.

By signing this form, I agree to the following statements:

- I understand that it is my responsibility to report all injuries and illnesses to my coach, club safety officer, or club sports program coordinator.
- I have read and understand the University Concussion Fact Sheet.
- I understand that if I sustain a concussion, I cannot return to sport activity until I have obtained written clearance from a qualified medical provider (physician)
- I am aware the UC Club Sports Program along with Novacare/UC Health offers concussion baseline tests.

UC Concussion Baseline Testing Program

Every club sports member in the following high impact sports (Equestrian, Men's and Women's Rugby, Men's and Women's Lacrosse, Boxing, Men's and Women's Soccer, Water Ski, Water Polo, Gymnastics, Ice Hockey, and Inline Hockey) are strongly encouraged to take a supervised pre-season baseline assessment for concussion using the **ImPACT** (Immediate Post-Concussion Assessment and Cognitive Testing) online system organized by the UC Club Sports Program and Novacare/UC Health. Student-athletes who have already had ImPACT testing must take a test with UC as baseline information in high school is only good for every 2 years according to ImPACT. If any other UC Club sports member wants a concussion baseline test, they can request to take a baseline test by contacting the Program Coordinator of Club Sports. Several tests will be scheduled at the beginning of each fall and spring semester and a few times throughout the semesters.

I understand, have read and agree to the above.

Printed Name of Adult Student

Signature of Adult Student

Date

FOR STUDENTS UNDER THE AGE OF EIGHTEEN:

Printed Name of Parent or Legal Guardian

Signature of Parent or Legal Guardian

Date

CONCUSSION

A FACT SHEET FOR STUDENT-ATHLETES

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a blow to the head or body.
 - From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- **Can happen even if you do not lose consciousness.**

HOW CAN I PREVENT A CONCUSSION?

Basic steps you can take to protect yourself from concussion:

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
- Follow your athletics department's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:

- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

Don't hide it. Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

Report it. Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

Get checked out. Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

Take time to recover. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.



IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON. WHEN IN DOUBT, GET CHECKED OUT.

For more information and resources, visit www.NCAA.org/health-safety and www.CDC.gov/Concussion.



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