



Eugene Metro FC Concussion Policy

A concussion is a brain injury and all brain injuries are serious. They may be 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 may range from mild to severe and may 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. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of a concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of a concussion, or if you notice the symptoms or signs of a concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

Physical	Thinking	Emotional
<ul style="list-style-type: none"> • Headache • “pressure in the head” • Neck pain • Nausea or vomiting • Dizziness • Visual problems • Balance problems • Fatigue or low energy • Sensitivity to noise 	<ul style="list-style-type: none"> • Trouble thinking clearly • Not feeling right • Feeling Slowed down • Difficulty concentrating • Difficulty remembering • Confusion 	<ul style="list-style-type: none"> • More emotional • Irritability • Sadness • Nervousness of anxiety

Emergency warning signs –seek medical attention right away:

<ul style="list-style-type: none"> • Any loss of consciousness • Drowsiness or cannot be awakened • Weakness, numbness or decreased coordination • Slurred speech • Convulsion or seizures 	<ul style="list-style-type: none"> • One pupil is larger than the other • A headache that gets worse and does not go away • Repeated vomiting or nausea • Difficulty recognizing people or places • Shows behavior or personality changes
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What can happen 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 severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries; and concussions are no different.



If you think your child has suffered a concussion:

Any athlete suspected of suffering a concussion should be removed from the game or practice immediately. 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 clearance by a healthcare professional. Close observation of the athlete should continue for several hours.

Max’s Law (OAR 581-022-0421) & Jenna’s Law (ORS 336.485) –Concussion laws in Oregon

- Mandate that all coaches receive annual training to learn how to recognize the symptoms of a concussion and how to seek proper medical treatment for a person suspected of having a concussion.
- Does not allow for an athlete who is either experiencing concussion-like symptoms OR has been diagnosed with a concussion to return to activity/competition on the same day.
- The concussed individual may ONLY return to activity once they no longer exhibit signs, symptoms or behaviors consistent with a concussion AND they have received medical release from a health care professional

Athlete Name: _____ **Date:** _____

Parent/Legal Guardian: _____ **Signature:** _____