



## **PVAA Football Consent, Concussion and Heat Awareness Certificate**

**Part 1. Parental/Guardian Consent, Acknowledgement and Release (to be completed and signed by a parent(s)/guardian(s) at the bottom; where divorced or separated, parent/guardian with legal custody must sign):**

### **Concussion Information**

Concussions are brain injuries and are serious. They can be caused by a bump, a twist of the head, sudden deceleration or acceleration, a blow or jolt to the head, or a blow to another part of the body with force transmitted to the head. You cannot see a concussion, and more than 90% of all concussions occur without loss of consciousness. All concussions are potentially serious, and if not managed properly, may result in complications including brain damage and, in rare cases, even death. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, your child should be immediately removed from play, evaluated by a medical professional and cleared only by a medical doctor.

### **Signs and Symptoms of a Concussion:**

Concussion symptoms may appear immediately after the injury or can take several days to appear. Studies have shown that it takes on average 10 – 14 days or longer for symptoms to resolve and, in rare cases if the athlete has sustained multiple concussions, the symptoms can be prolonged. Signs and symptoms of concussion can include (but are not all-inclusive to):

- Appearing dazed or stunned, or has a vacant stare or is seeing stars.
- Lack of awareness of their surroundings.
- Emotions out of proportion to circumstances (inappropriate crying or anger)
- Headache or persistent headache, nausea, vomiting
- Altered vision, dizziness, or problems with balance.
- Sensitivity to light or noise
- Delayed verbal and motor responses
- Disorientation, slurred, or incoherent speech.
- Confusion and inability to focus attention, or memory problems or memory loss.
- Sudden change in academic performance or drop in grades.
- Loss of consciousness

### **Dangers if your child continues to play with a concussion or returns too soon from a concussion:**

Athletes with signs and symptoms of concussion should be removed from activity (play or practice) immediately. Continuing to play with the signs and symptoms of a concussion leaves the athlete vulnerable to sustaining another concussion. Athletes who sustain a second concussion before the symptoms of the first concussion have resolved are at risk for prolonged concussion symptoms, permanent disability, and even death. There is also evidence that multiple concussions can lead to long-term symptoms including dementia.

### **Steps parents should take if you suspect your child has suffered a concussion:**

Any athlete suspected of suffering a concussion should be removed from the activity immediately and receive an evaluation from a licensed medical professional (see definition of a licensed medical professional below). Close observation of the athlete should continue for several hours. You should also seek medical care and inform your child's coach if you think that your child may have a concussion.

### **PVAA Football policy and protocols in the event of a suspected concussion**

It is the policy of PVAA Football that all of its coaches and certified volunteers will be trained in the recognition of concussion injuries and protocols, based on the definition and education outlined by the Centers for Disease Control's "Heads Up Program", USA Football's "Heads Up Football" program, Pop Warner Little Scholars Inc., and Junior Development Football Inc.. All coaches and volunteers are required to pass these courses prior to their acceptance as a volunteer within our league and allowed onto the field with your player.

In the event that a PVAA Football volunteer suspects any athlete of exhibiting symptoms of a concussion, we will remove the athlete from the field of play. When "In doubt., we will sit them out!". The following policy/protocol will be followed:

- The player will be immediately removed from the field of play (or practice field), and the head/lead coach and respective league Vice President (Pop Warner and JDL) will be informed.
- The head/lead coach will inform the player's parent of their removal from the game and the symptoms the player is exhibiting.
- The player will immediately be evaluated by PVAA Football on-site medical personnel (either our certified athletic trainer, or licensed first responders) to confirm if any symptoms of a concussion are being exhibited.
- If the PVAA Football on-site medical personnel determine that the player may be exhibiting symptoms of a concussion, that player will not be allowed to participate for the remainder of that athletic session (practice or game), and the parents will be informed that they will have to seek a



medical evaluation from a licensed medical professional for further evaluations. The on-site medical personnel will also determine if further medical attention is necessary (ie calling an ambulance). **Please note that the decision to prevent an athlete from returning to the field of play is that of the PVAA Football on-site medical personnel, the on-site Commissioner/VP, and not the parent nor the coach.**

- No athlete may return to any activity after an apparent head injury or concussion without a written medical clearance form an appropriate health-care professional (AHCP). In Florida, an appropriate health-care professional (AHCP) is defined as either a licensed physician (MD, as per chapter 458, Florida Statutes), a licensed osteopathic physician (DO, as per Chapter 459, Florida Statutes). A copy of that written clearance form must be provided to the Vice Presidents of Pop Warner or Junior Development prior to the player returning to the field of play. The VPs must keep a copy of this clearance on file with the appropriate Team Mom.

### **Heat-Related Illness Information**

People suffer heat-related illness when their bodies cannot properly cool themselves by sweating. Very high body temperatures may damage the brain or other vital organs, and can cause disability and even death.

**Heat Stroke** is the most serious heat-related illness. It usually develops after a number of days in hot weather and not drinking enough fluids.

**Heat Exhaustion** is the inability to continue to exercise in the heat from either weakness, exhaustion, or nausea. It usually develops after a number of days in high temperature weather and not drinking enough fluids.

**Heat Cramps** usually affects people who sweat a lot during demanding activity. Sweating reduces the body's salt and moisture and can cause painful cramps in the abdomen, arms, or legs. Heat cramps may also be a symptom of heat exhaustion.

Heat-related illness is 100% preventable. To ensure that players are adequately prepared for the heat, parents need to ensure that they follow these recommended guidelines:

- Consume 16oz – 32oz of water or Gatorade @60 – 90 minutes prior to a practice or game.
- Consume 32oz or more of water or Gatorade during practice.
- Consumer 16oz – 32oz of water immediately after a practice or game.

### **PVAA Football policy and protocols in the event a player shows heat-related illness symptoms.**

It is the policy of PVAA Football that all of its coaches and certified volunteers will be trained in the recognition of heat-related illness and protocols. All coaches and volunteers are required to pass these courses prior to their acceptance as a volunteer within our league.

In the event that a PVAA Football volunteer suspects any athlete of exhibiting the signs or symptoms of heat-related illness, we will remove the athlete from the field of play, and the following policy/protocol will be followed:

- The player will be immediately removed from the field of play (or practice) and evaluated by PVAA Football on-site medical trainers or volunteer first-responders. Those personnel will immediately take steps to cool the player's core body temperature, and decide whether immediate medical attention (ie calling an ambulance) is warranted.
- The parents will be informed of the player's removal by the head/lead coach.
- The player will not be allowed to return to the field of play (or practice) for the remainder of that day.

**By signing this agreement, the undersigned acknowledges that the information regarding the signs and symptoms of CONCUSSION and the signs and symptoms of HEAT-RELATED ILLNESS have been read and understood. I acknowledge that I have been advised on the PVAA Football policies and protocols regarding their recognition and management of situations in which those symptoms may be recognized. I also have been advised of the dangers of participation for myself and that of my child/ward.**

\_\_\_\_\_  
Name of Player (Printed)

\_\_\_\_\_  
Name of Parent/Guardian (printed)

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date