



## ASA Concussion Information and Waiver

**All Alexandria Soccer Association Travel and Developmental athletes and parents must read and acknowledge this waiver before the start of the season to be permitted to participate in ASA activities.**

1. As a player I understand that it is my responsibility to report all injuries to my coach to let him or her know of any precautions they must take. If at all possible, I will undergo a baseline concussion test prior to the start of the season.

2. I understand that a concussion is a Traumatic Brain Injury and the effects and implications of any such injury are severe. Some symptoms of a concussion are forgetfulness, nausea, headache or pressure, blurry vision, clumsiness, and confusion. For severe concussions, loss of consciousness may occur.

3. A concussion may affect my ability to perform everyday tasks and may affect reaction time, sleep patterns, balance, and cognitive performance. For more information on concussion symptoms:  
<http://www.cdc.gov/concussion/sports/recognize.html>

4. A concussion can have symptoms that show up a few hours after the initial injury and all head injuries should be treated with caution, therefore a player who has had any kind of head trauma must be monitored even if symptoms only showed for 15 minutes. In rare cases, repeat concussions can cause permanent brain damage and even death.

5. As a player, I understand it is my responsibility to report any symptoms or problems to my coach and / or parents in a timely manner.

6. I will not return to play in a game or practice if I have received a blow to the head that has resulted in concussion-related symptoms. I understand that this is a precautionary measure to prevent any further injury until a proper diagnosis is received by a qualified medical professional.

7. If I am experiencing concussion-related symptoms as reported by me and confirmed by the coach, I must seek medical attention from a qualified professional before I will be allowed to return to play. Physical and mental rest is the only treatment for concussions and even mild concussions require at least a week of rest to fully heal. The CDC recommends a gradual 6-step progression back into sport participation, which should be implemented and monitored by a medical professional. The 6-step return to play progression is outlined here:  
[http://www.cdc.gov/concussion/headsup/return\\_to\\_play.html](http://www.cdc.gov/concussion/headsup/return_to_play.html)

8. I must get cleared by a medical professional trained and experienced in diagnosing and treating concussions before being allowed to return to physical activity. Written confirmation of this clearance must be provided to ASA.

Remember: *When in doubt, sit them out.*