

Athens Dixie Youth Baseball HB108

Alabama *Signed into law by the governor on June 9, 2011

- **HB 108** requires that youth athletes and their parents must be educated about the nature of concussion and brain injury. On a yearly basis, a concussion and head injury information sheet must be signed and returned by the youth athlete and his/her parent prior to starting the sports season.
- Coaches must 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.
- A youth athlete suspected of sustaining a concussion or brain injury in practice or a game must immediately be removed from play and cannot return to play until a written clearance is received from a licensed physician.

Concussion Information Sheet

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

Symptoms may include one or more of the following;	
• Headaches	• Amnesia
• "Pressure in head"	• "Don't feel right"
• Nausea or vomiting	• Fatigue or low energy
• Neck pain	• Sadness
• Balance problems or dizziness	• Nervousness or anxiety
• Blurred, double, or fuzzy vision	• Irritability
• Sensitivity to light or noise	• More emotional
• Feeling sluggish or slowed down	• Confusion
• Drowsiness	• Change in sleep patterns
• Repeating the same question/comment	• Feeling foggy or groggy
• Concentration or memory problems (forgetting game plays)	

Signs observed by teammates, parents and coaches include:	
• Appears dazed	• Vacant facial expression
• Confused about assignment	• Forgets plays
• Is unsure of game, score, or opponent	• Answers questions slowly
• Moves clumsily or displays incoordination	• Slurred speech
• Shows behavior or personality changes	• Seizures or convulsions
• Can't recall events prior to hit	• Can't recall events after hit
• Any change in typical behavior or personality	• Loses consciousness

What can happen if my child keeps on playing with a concussion or returns to 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 athlete will often under report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even 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 medical clearance. Close observation of the athlete should continue for several hours.

You should also inform your child's coach if you think that your child may have a concussion. Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out. For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Parent/Guardian Waiver

I certify that:

1. I have been provided with information on **concussions in youth sports** in compliance with HB 108
2. I understand that on a yearly basis, the **concussions in youth sports** information sheet shall be signed and returned to the Athens Parks and Rec by myself (or my parent or legal guardian if I am under the age of eighteen (18) years old) prior to my initiating practice or competition. If any player/participant is suspected of suffering a concussion or brain injury, the player will be removed from practice or competition and not returned to practice or competition until cleared in writing by a licensed health care provider trained in the evaluation and management of concussions (Medical Doctors, *Certified Athletic Trainers*, etc).

Signature of Parent/Guardian: _____

(if Player under the age of eighteen (18) years old)

Printed Name: _____

Date: _____

Signature of Player: _____

Printed Name: _____

Date: _____