

POOLESVILLE ATHLETIC ASSOCIATION
WAIVER AND CONSENT FOR MEDICAL TREATMENT

LAST NAME _____ FIRST _____

ADDRESS _____ CITY _____ ZIP _____

DOB _____ WEIGHT _____

HOME PHONE _____

PARENT/GUARDIAN NAME _____ CELL _____

PARENT/GUARDIAN NAME _____ CELL _____

Name of medical insurance company _____ Policy# _____

Physician's name _____ Phone _____

Hospital preference _____ Date of last Tetanus shot _____

Emergency contact if parents can't be reached _____

Phone _____ Relationship to participant _____

Does your child have any allergies? YES OR NO? If yes, please circle below or list them.

Peanut Bee Stings Pollen/tree/grass/etc. Tree Nut

Food (Please specify below) Drug (Please specify below) Other (Please specify below)

Does your child have Asthma: YES OR NO?

Please note additional medical information and symptoms: _____

As a parent or legal guardian of _____, I hereby grant permission for my child to participate in Lacrosse sponsored by Poolesville Athletic Association. Like all athletics, accidents may occur. I consent to emergency medical treatment approved by the coach or other adult escort. I have listed all allergies, special medication needs or physical medical problems/concerns. By signing this form I accept all financial and medical responsibilities for my child.

The undersigned (personally and on behalf of the participant)covenants not to sue, and releases, waives, discharges PAA, it's coaches, volunteers, other participants, officials, from any and all loss or damage, and any claim or demands for the same on account of any injury, whether or not caused by the negligence of any such person. I further release such person from any claim whatsoever on account of emergency first aid, treatment or service rendered during participation in lacrosse.

I have also reviewed received and reviewed the Parent's Fact Sheet on Concussions. Please see page 2.

Parent/Guardian Signature _____ Print _____ Date _____



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. **Keep your child out of play.** Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **Tell your child’s coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It’s better to miss one game than the whole season.

For more information and to order additional materials free-of-charge, visit:
www.cdc.gov/ConcussionInYouthSports

For more detailed information on concussion and traumatic brain injury, visit:
www.cdc.gov/Injury