

West Chester Diving Concussion Form

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

Signs observed by teammates, parents and coaches include:

Appears dazed Vacant facial expression
Confused about assignment Forgets plays
Moves clumsily Answers questions slowly
Slurred speech Shows behavior or personality changes
Can't recall events prior to hit Can't recall events after hit
Seizures or convulsions Any change in typical behavior or
Loses consciousness personality

Parent/Coach Awareness Form

As a member of West Chester Diving, we ask that each athlete and parent read and review the information above and talk about the symptoms and potential dangers of diving through a concussion. This will help all of us to be more aware if any of these symptoms do occur. Remember, it's better to miss one practice than the whole season; when in doubt the athlete sits out.

