

PLAY SMART WI

Statewide Health Initiative on Concussion Education & Prevention

PLAY SMART Wisconsin: Statewide Health Initiative on Concussion Education & Prevention was developed by the Brain Injury Association of Wisconsin.

The purpose of **PLAY SMART WI** is to:

- ▶ Educate Athletes, Parents, and Coaches about Concussion
- ▶ Recognize and respond to concussion signs and symptoms
- ▶ Prevent concussion through education
- ▶ Follow Nationally recommended Return to Play (RTP) guidelines
- ▶ Develop Legislation specific to WI Return to Play to ensure player safety

PLAY SMART WI:

- ▶ Statewide Supporters of **Play Smart WI**
- ▶ Concussion: Know the Facts
- ▶ Youth Sports: Know the Risks
- ▶ Athletic Trainer: Role & Responsibility
- ▶ Youth Athlete: Role & Responsibility
- ▶ Parent: Role & Responsibility
- ▶ Coach: Role & Responsibility
- ▶ Volunteer Parent/Coach: Role & Responsibility
- ▶ Parent/Athlete Agreement
- ▶ Coaches Agreement



Individuals, Teams, Schools, etc. who participate in **Play Smart WI** may be listed on the BIAW website and on any **Play Smart WI** supporter website if applicable



BIAW

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Statewide Supporters of Play Smart WI



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PLAY SMART WI

Statewide Health Initiative on Concussion Education & Prevention

Concussion - Know the Facts

Play Smart - Be Smart

CONCUSSION—What is it?

Concussions can occur in **ANY** organized or unorganized sport or recreational activity. A concussion is an injury that changes how the cells in the brain normally work. Concussions can be caused by a bump, blow or jolt to the **head or body** that causes the brain to move rapidly inside the skull. Even what seems to be a mild bump, blow or jolt to the head can be serious. Concussions can also result from colliding with another player, another obstacle, or even a fall.

KNOW THE FACTS

- ▶ A concussion is a **brain injury**
- ▶ A concussion can occur in **ANY** sport
- ▶ A concussion can occur **without** loss of consciousness, or being “knocked out”
- ▶ Recognition & proper response management of concussions when they **first occur** can help prevent further injury or even death
- ▶ **ALL** concussions are serious

DID YOU KNOW?

- ▶ Most concussions happen during practice
- ▶ After 1 brain injury, your risk is 3 times greater of sustaining a 2nd, after a 2nd the risk of another is 8 times higher
- ▶ An estimated 1.6-3.8 million sports and recreation related concussions occur in the U.S. each year
- ▶ Multiple concussions can have a long-term, life-long impact
- ▶ It is important to be **COMPLETELY** symptom free and assessed and cleared by a medical professional before returning to practice/play
- ▶ Children and teens are more likely to sustain a concussion and take longer to heal than an adult
- ▶ A concussion can happen in **ANY** sport

OBSERVED SIGNS

- ▶ Appears dazed or stunned
- ▶ 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
- ▶ Forgets plays
- ▶ Is unsure of game, score, or opponent
- ▶ Vomiting
- ▶ Complains of Headache
- ▶ Complains of feeling dizzy
- ▶ Sensitivity to noise and light





Concussion - Know the Facts

Play Smart - Be Smart

Second Impact Syndrome

Second-Impact Syndrome (SIS)- is rare but can occur if an athlete, while still experiencing post-concussive symptoms, returns to practice or play and sustains another concussion thus causing further brain trauma. **About 50% of athletes die after suffering SIS** and the rest suffer life-long impairments.

Concussion - Concussions can be caused by a bump, blow or jolt to the head or body that causes the brain to move rapidly inside the skull.

Concussion Baseline Testing - The purpose is to provide a look at an athletes current normal brain function so that function can be compared at a later date, should the athlete sustain a concussion. This comparison can help assist in medical decision making. Ideally, testing should take place at the beginning of the season.

Coup–contracoup - When the front/back or left/right side of the head is struck resulting in the brain being injured on the opposite side due to the brain bouncing back and forth.

Medical Clearance - Once the athlete has been assessed by an appropriate medical professional, is completely symptom free and is cleared to RTP.

Post-concussion syndrome - A combination of post concussion symptoms (headaches, dizziness, sensitivity to light/sound) can persist for weeks or even months after the initial injury.

Return to Play (RTP) - Athlete cannot return to practice/play the same day a concussion is suspected. May only RTP once the athlete has been assessed and cleared by an appropriate medical professional.

IF YOU'VE HAD A CONCUSSION

- ▶ Tell your coach, teammates and parents
- ▶ Never ignore a bump, blow or jolt to the head
- ▶ Ask to be taken out of practice/play
- ▶ See a medical professional
- ▶ Pay attention to physical changes
- ▶ Watch for thinking problems
- ▶ Talk to your parents or teachers if you notice problems in school
- ▶ Get plenty of rest
- ▶ Give your brain time to heal

IT TAKES TIME

- ▶ Your brain needs time to heal
- ▶ Symptoms of concussion can begin to decrease in the first few weeks/months
- ▶ You may get tired after watching TV, reading or studying
- ▶ It may be hard to do two things at once
- ▶ It may be hard to concentrate
- ▶ Take things slow and be patient with yourself
- ▶ Do not participate in contact sports until you are symptom free and are cleared by a medical professional



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Statewide Health Initiative on Concussion Education & Prevention

Athletic Trainer: Role & Responsibility

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Role

Athletic trainers prevent, examine, and treat athletes' injuries. They also work with team doctors to provide physical therapy for athletes who are recovering from injuries and to show athletes how to build their strength and avoid further injury. Other duties may include recommending special diets and exercises, ordering equipment and supplies, and keeping records on the athletes with whom they work.

Athletic trainers are employed by schools, colleges, and universities that have athletic programs and sports teams. They also work for professional teams in baseball, football, basketball, ice hockey, and other sports.

Responsibility

If a concussion is suspected the athlete must be **removed from practice/play immediately**.

The Athletic Trainer's responsibility is to:

- ▶ Recognize a possible concussion
- ▶ Assess the athlete for **ANY** signs or symptoms of concussion
- ▶ Assess the athlete away from the field/game so full attention is given and the athlete isn't distracted
- ▶ Notify parents/guardian of suspected concussion
- ▶ Advise parents to seek medical attention
- ▶ **DO NOT** return athlete to practice/play that day
- ▶ An athlete suspected of having a concussion cannot return to practice/play without clearance from an appropriate medical professional
- ▶ Ask athlete about concussion history

Expectations

- ▶ Athletic Trainers should expect to be able to assess the athlete without interference from the coach, parent/guardian or player
- ▶ ATC's should expect the athlete to be honest about symptoms they are experiencing
- ▶ ATC's should expect to be able to pull a player from practice/play without disagreement from coach, player or parent
- ▶ Trainers should be able to make decisions using their professional judgment and observations, especially when it comes to recognizing injuries that require a doctor's care.

Not all school districts, select leagues or youth programs employ a certified athletic trainer

Contact your school, select league or youth program to find out if they have certified athletic trainers available during practice and games.





Signs & Symptoms of Concussion

Play Smart - Be Smart

RECOGNIZE:

To help recognize a concussion, you should watch for the following two things among the athletes:

- ▶ A forceful blow, bump or jolt to the **head or body** that results in rapid movement of the head.

AND

- ▶ **ANY CHANGE** in the athlete's behavior, thinking or physical functioning.

OBSERVED SIGNS

- ▶ Appears dazed or stunned
- ▶ 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
- ▶ Forgets sports plays
- ▶ Is unsure of game, score, or opponent
- ▶ Vomiting

REPORTED SYMPTOMS

- ▶ 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"

RESPOND:

If a player has a suspected concussion, take the following steps:

- ▶ Remove the athlete from play/practice
- ▶ Ensure that the athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
- ▶ Inform the parents/guardians about the known or suspected concussion and give them the fact sheet on concussion.
- ▶ Only allow the athlete to return to play/practice **ONLY** with permission from an appropriate health care professional.



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Statewide Health Initiative on Concussion Education & Prevention

Youth Athlete: Role & Responsibility

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Role

- ▶ Wear the right equipment for each sport, position, or activity
- ▶ Make sure the equipment is in good condition, that it fits properly and is worn correctly
- ▶ Practice good sportsmanship at all times
- ▶ Follow the rules of the sport and the coach's rules for safety
- ▶ Use proper technique
- ▶ **PLAY SMART**

Responsibility

- ▶ Recognize the signs & symptoms of concussion
- ▶ Report any concussion history to the coach
- ▶ **Tell Someone** - tell your coach, athletic trainer or even teammate if you think something is wrong with you or a teammate
- ▶ Remove yourself from practice/play if you experience any signs or symptoms of concussion
- ▶ Remove yourself from practice/play even if you are unsure:
 - ▶ if you "don't feel right", "see stars", "got dinged", "got your bell rung"
- ▶ **DO NOT** return to practice/play on the same day
- ▶ Tell your parents
- ▶ Seek medical attention
- ▶ Do Not return to practice/play without being cleared to RTP by an appropriate medical professional
- ▶ Give your brain time to heal - be symptom free, it may take time - be patient
- ▶ If you suspect a teammate has a concussion from practice/play, tell the coach, athletic trainer or parent
- ▶ **BE SMART**

Sometimes symptoms of concussion don't show up right away. Symptoms may appear hours, days or even weeks after an injury. It is very important to see an appropriate medical professional if a concussion is suspected or if you experience **ANY** of the signs. Just because you sustain a concussion doesn't mean you cannot ever return to play but it does mean that your brain needs time to heal. Returning to practice/play too early may result in another concussion which can damage your brain further and have a life long impact.

Expectations

- ▶ You should be able to tell your coaches, athletic trainer, parents and teammates about any signs or symptoms of concussion that you experience without feeling embarrassed, made to feel less of a player or not tough enough.
- ▶ It is important to recognize and respond to any sign of concussion or suspected concussion and you, as the athlete, should expect the adults around you to respond. **Recognize** the signs and symptoms of concussion and **Respond** by removing yourself from practice/play immediately, tell your coach, athletic trainer, and parents/guardian, and seek medical assessment from an appropriate medical professional before RTP.
- ▶ **PLAY SMART—BE SMART—TELL SOMEONE**





Signs & Symptoms of Concussion

Play Smart - Be Smart

DID YOU KNOW ?

- ▶ A concussion is the most common type of brain injury sustained in sports
- ▶ Most concussions **do not** involve loss of consciousness
- ▶ You can sustain a concussion even if you do not hit your head. An indirect blow elsewhere on the body can transmit an “impulsive” force to the head and cause a concussion to the brain
- ▶ Multiple concussions can have cumulative and long lasting life changes
- ▶ Returning to practice/play too soon after a concussion can result in severe brain trauma, permanent disability or death
- ▶ Concussions typically **do not** appear in neuroimaging studies such as MRI or CAT Scans

You cannot see a concussion, but you may notice some of the symptoms right away or several hours later. Some symptoms may show up days or even weeks after the injury. You do not need to lose consciousness or be “knocked out” to sustain a concussion.

SIGNS & SYMPTOMS

- | | |
|----------------------------------|------------------------------------|
| ▶ Balance problems or dizziness | ▶ Trouble remembering |
| ▶ Nausea or vomiting | ▶ Trouble concentrating |
| ▶ Headache or “pressure” in head | ▶ Feeling tired, sluggish, or hazy |
| ▶ Confusion | ▶ Sensitivity to light or noise |
| ▶ Double or blurry vision | ▶ Just don’t “feel right” |

WHY SHOULD I TELL SOMEONE ABOUT MY SYMPTOMS?

- ▶ Practicing/playing with a concussion can increase your chances of getting another concussion
- ▶ Practicing/playing with concussion symptoms can prolong your recovery
- ▶ Your chances of sustaining a life altering injury are greatly increased if you aren’t fully recovered from a concussion
- ▶ Telling someone could save your life or the life of a teammate
- ▶ **PLAY SMART**

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



PLAY SMART WI

Statewide Health Initiative on Concussion Education & Prevention

Parent: Role & Responsibility

Play Smart - Be Smart

Role

- ▶ Ensure the safety of your child
- ▶ Ensure your child follows the rules of the sport he/she is playing, following the coaches rules for safety
- ▶ Ensure that your child has the proper equipment for that sport and that it fits properly and is well maintained
- ▶ Encourage proper technique and good sportsmanship
- ▶ Encourage your child to **PLAY SMART**

Responsibility

- ▶ Encourage your child to **PLAY SMART**
- ▶ Understand the risks of the sport and make sure your child has the appropriate equipment and that it is well maintained
- ▶ Ensure your child understands the rules of the sport, uses proper technique and follows rules of safety
- ▶ Recognize the signs & symptoms of concussion
- ▶ Report any concussion history to your child's coach
- ▶ Seek medical attention if your child experiences **ANY** of the signs or symptoms of concussion
- ▶ **DO NOT** allow your child to return to practice/play the same day
- ▶ Do not allow your child to return to practice/play with out medical clearance
- ▶ Return to Play (**RTP**) is dependent upon an assessment and clearance to return by an appropriate medical professional
- ▶ Allow your child's brain time to heal - **be symptom free**

Sometimes symptoms of concussion don't show up right away. Symptoms may appear hours, days or even weeks after an injury. It is very important to see a medical professional if a concussion is suspected or if your child experiences **ANY** of the signs or symptoms. Just because your child sustains a concussion doesn't mean he/she cannot ever return to play but it does mean that his/her brain needs time to heal. Returning to practice or play too early may result in another concussion which can damage the brain further and have a life long impact.

Expectations

- ▶ Your child should be able to tell their coaches, athletic trainer, teammates and you about any symptoms they experience without made to feel embarrassed, less of a player or not tough enough
- ▶ It is important to Recognize & Respond to any sign of concussion or suspected concussion and you, as a parent, should expect the adults around your child to take an injury seriously
- ▶ It is reasonable to expect that the coach will Recognize & Respond if an injury occurs - Recognize the signs and symptoms of concussion and Respond by removing the athlete from practice/play immediately and provide medical attention when warranted.
- ▶ You should expect to be notified if a concussion is suspected
- ▶ You should expect your child to **PLAY SMART**





Signs & Symptoms of Concussion

Play Smart - Be Smart

RECOGNIZE:

To help recognize a concussion, you should watch for:

- ▶ Observed Signs and Reported Symptoms

AND

- ▶ **ANY CHANGE** in your child's behavior, thinking or physical functioning.

OBSERVED SIGNS

- ▶ Appears dazed or stunned
- ▶ 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
- ▶ Forgets sports plays
- ▶ Is unsure of game, score, or opponent
- ▶ Vomiting

REPORTED SYMPTOMS

- ▶ 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"

RESPOND:

If your child has a suspected concussion, the following steps should be taken:

- ▶ Remove your child from practice/play immediately
- ▶ Ensure that your child is evaluated by an appropriate medical professional. Do not try to judge the seriousness of the injury yourself
- ▶ Only allow your child to return to practice/play once he/she has been assessed and cleared by an appropriate medical professional
- ▶ Allow your child's brain to heal - it may take some time – be patient

It's better to miss one game than the whole season



PLAY SMART WI

Statewide Health Initiative on Concussion Education & Prevention

Coach: Role & Responsibility

Play Smart - Be Smart

Role

What is a Coach? A coach is someone who trains or directs athletes or athletic teams.

- ▶ A good coach cares about the safety of his/her athlete
- ▶ A good coach knows his sport
- ▶ A good coach always seeks out new information
- ▶ A good coach is a motivator
- ▶ A good coach instills discipline in his/her athletes
- ▶ A good coach leads by example
- ▶ A good coach is able to communicate effectively
- ▶ A good coach is a good listener
- ▶ A good coach is committed to his profession and to the team
- ▶ **PLAY SMART** - player safety is priority one!

Responsibility

- ▶ Ask parent and athlete about concussion history
- ▶ Ensure the safety of the athlete by teaching proper technique, safety rules and good sportsmanship
- ▶ Understand the signs & symptoms of concussion - Recognize & Respond
- ▶ Ensure that the athlete is evaluated right away if a concussion is suspected
- ▶ **DO NOT** allow the athlete to return to practice/play the same day
- ▶ Report any suspected injury to the parents/guardians - report when, how, where the injury happened, and any reported/exhibited/witnessed signs/symptoms
- ▶ Do Not allow athlete to return to practice/play with out medical clearance - they must be symptoms free
- ▶ Allow proper assessment and RTP decision to be made by an appropriate medical professional
- ▶ **BE SMART** - When in doubt, sit them out

Sometimes symptoms of concussion don't show up right away. Symptoms may appear hours, days or even weeks after the injury. It is very important to have the athlete evaluated immediately and to contact the parents/guardian if a concussion is suspected. Just because the athlete sustains a concussion it doesn't mean he/she cannot ever return to play but it does mean that his/her brain needs time to heal. Returning to practice or play too early may result in another concussion which can damage the brain further and have a life long impact.

Expectation

As a Coach:

- ▶ You should expect that the athlete will follow the rules for safety and the rules of the sport
- ▶ You should encourage a trusting relationship with the athlete
- ▶ You should expect the athlete to tell someone if they think something is wrong with them or a teammate
- ▶ You should expect the athlete to provide medical clearance prior to returning to practice/play and be symptom free
- ▶ You should expect the athlete to **PLAY SMART**





Signs & Symptoms of Concussion

RECOGNIZE:

To help recognize a concussion, you should watch for the following two things among the athletes:

- ▶ A forceful blow, bump or jolt to the **head or body** that results in rapid movement of the head.

AND

- ▶ **ANY CHANGE** in the athlete’s behavior, thinking or physical functioning.

OBSERVED SIGNS	REPORTED SYMPTOMS
<ul style="list-style-type: none"> ▶ Appears dazed or stunned ▶ 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 ▶ Forgets sports plays ▶ Is unsure of game, score, or opponent ▶ Vomiting 	<ul style="list-style-type: none"> ▶ 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”

RESPOND:

If a player has a suspected concussion, take the following steps:

- ▶ Remove the athlete from practice/play immediately
- ▶ Ensure that the athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself
- ▶ Inform the parents/guardians about the known or suspected concussion and give them the fact sheet on concussion
- ▶ Only allow the athlete to return to practice/play once he/she has been evaluated and cleared by an appropriate medical professional

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



PLAY SMART WI

Statewide Health Initiative on Concussion Education & Prevention

Volunteer/Parent Coach: Role & Responsibility

Play Smart - Be Smart

Role

What is a Coach? A coach is someone who trains or directs athletes or athletic teams.

- ▶ A good coach cares about the safety of his/her athlete
- ▶ A good coach knows his sport
- ▶ A good coach always seeks out new information
- ▶ A good coach is a motivator
- ▶ A good coach instills discipline in his/her athletes
- ▶ A good coach leads by example
- ▶ A good coach is able to communicate effectively
- ▶ A good coach is a good listener
- ▶ **PLAY SMART**— player safety is priority one!

Responsibility

- ▶ Ask parent and athlete about concussion history
- ▶ Understand the risks of the sport and make sure every child has the appropriate equipment
- ▶ Ensure the safety of the athlete by teaching proper technique, safety rules and good sportsmanship
- ▶ Recognize the signs & symptoms of concussion
- ▶ Report any signs & symptoms of suspected concussion to the parents/guardian
- ▶ **DO NOT** allow the athlete to return to practice/play that day
- ▶ Do not allow the child to return to practice/play with out medical clearance - must be symptom free
- ▶ **BE SMART** - When in doubt, sit them out

Sometimes symptoms of concussion don't show up right away. Symptoms may appear hours, days or even weeks after the injury. It is very important to have the athlete evaluated immediately and to contact the parents/guardian if a concussion is suspected. Just because the athlete sustains a concussion it doesn't mean he/she cannot ever return to play but it does mean that his/her brain needs time to heal. Returning to practice or play too early may result in another concussion which can damage the brain further and have a life long impact.

Expectation

As a Coach:

- ▶ You should expect that the athlete will follow the rules for safety and the rules of the sport
- ▶ You should encourage a trusting relationship with the athlete
- ▶ You should expect the athlete to tell someone if they think something is wrong with them or a teammate
- ▶ You should expect the athlete to provide medical clearance prior to returning to practice/play and be symptom free
- ▶ You should expect the athlete to **PLAY SMART**





Signs & Symptoms of Concussion

RECOGNIZE:

To help recognize a concussion, you should watch for the following two things among the athletes:

- ▶ A forceful blow, bump or jolt to the **head or body** that results in rapid movement of the head.

AND

- ▶ **ANY CHANGE** in the athlete's behavior, thinking or physical functioning.

OBSERVED SIGNS

- ▶ Appears dazed or stunned
- ▶ 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
- ▶ Forgets sports plays
- ▶ Is unsure of game, score, or opponent
- ▶ Vomiting

REPORTED SYMPTOMS

- ▶ 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"

RESPOND:

If a player has a suspected concussion, take the following steps:

- ▶ Remove the athlete from practice/play immediately
- ▶ Ensure that the athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
- ▶ Inform the parents/guardians about the known or suspected concussion and give them the fact sheet on concussion.
- ▶ Only allow the athlete to return to practice/play once he/she has been evaluated and cleared by an appropriate medical professional



PLAY SMART WI

Statewide Health Initiative on Concussion Education & Prevention

Parent & Athlete Agreement

As a Parent and as an Athlete it is important to recognize the signs & symptoms of concussion. By signing this form you are stating that you understand the importance of recognizing and responding to concussion.

Parent Agreement:

I _____ have read the **PLAY SMART WI** information and the **Parents Sheet** and understand what a concussion is and how it may be caused. I also understand what the signs & symptoms are and agree that my child must be removed from practice/play if a concussion is suspected.

I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me.

I understand that my child cannot return to practice/play before being assessed and cleared by an appropriate medical professional.

I understand the possible consequences of my child returning to practice/play too soon.

I agree to have my child place the **BIAW PLAY SMART WI** decal on his/her helmet as an indication of concussion education, prevention and awareness.

Parent/Guardian Signature _____ Date _____

Athlete Agreement:

I _____ have read the **PLAY SMART WI** information and the **Athletes Sheet** and understand what a concussion is, the causes, the signs & symptoms, and the importance of reporting a suspected concussion to my coaches, athletic trainers and my parents/guardian.

I understand that I must be removed from practice/play if a concussion is suspected and cannot return the same day.

I understand that I must be assessed and cleared by an appropriate medical professional to before returning to practice/ play.

I understand the possible consequence of returning to practice/play too soon and that my brain needs time to heal.

I agree to place the **BIAW PLAY SMART WI** decal on my helmet as an indication of concussion education, prevention and awareness.

Athlete Signature _____ Date _____





Questions and Contact Information

Name _____ Date _____

Address _____

City _____ Zip _____ County _____

Phone _____ Email _____

Age _____ School _____ School District _____

Check all that apply

I participate in:

- Football
 Baseball
 Basketball
 Hockey
 Soccer
 Rugby
 Volleyball
 Cheerleading
 Wrestling
 Skiing/Snowboarding
 Biking
 Skateboarding
 Other _____

Name of Current Team _____

- Have you ever had a concussion? _____, if yes, how many? _____
- Have you ever experience concussion symptoms? _____ Did you report them? _____
- Are there athletic trainers present at practice and games? _____
- I agree to be listed by name or team on the BIAW website or any **Play Smart WI** supporter website as a **Play Smart WI** participant. **YES** **NO**

Please complete this form and mail or fax it to the **Brain Injury Association of Wisconsin** at:

BIAW-Play Smart WI
21100 W. Capitol Drive, Suite 5
Pewaukee, WI 53072
Fax: 1-262-790-9660
Phone: 1-262-790-9660 / 1-800-882-9282
www.biaw.org admin@biaw.org





PLAY SMART WI

Statewide Health Initiative on Concussion Education & Prevention

Coaches Agreement

As a Coach it is important to recognize the signs and symptoms of concussion. By signing this form you are stating that you understand the importance of recognizing and responding to concussion.

Coaches Agreement:

I _____ have read the **PLAY SMART WI** information and the **Coaches Sheet** and understand what a concussion is and how it may be caused. I also understand what the signs and symptoms are and agree to remove the athlete from practice/play if a concussion is suspected.

I understand that it is my responsibility to inform the parents/guardian if I suspect a concussion or if a suspected concussion is reported to me and that the athlete cannot return to practice or play before being assessed and cleared to RTP by an appropriate medical professional.

I understand the possible consequences of the athlete returning to practice/play too soon.

I agree to have the athlete/team place the **BIAW PLAY SMART WI** decal on his/her helmet as an indication of concussion education, prevention and awareness. I agree to use the **Play Smart WI** clipboard sticker.

Coach Signature _____ Date _____

Sport _____

School/District _____

Team/League _____

Age Level _____





Coaches Questions

Name _____ Date _____

Address _____

City _____ Zip _____ County _____

Phone _____ Email _____

Name of Current Team _____

School District _____

Select League/Youth League Name _____

1. Have you had any concussion training? _____, When/Where? _____

2. Are there athletic trainers present at practice and games? _____

3. Would you be interested in Play Smart WI packets for your team? _____, How Many? _____

4. I agree to be listed by name or team on the BIAW website or any **Play Smart WI** supporter website as a **Play Smart WI** participant. **YES** **NO**

Please complete this form and mail or fax it to the **Brain Injury Association of Wisconsin** at:

BIAW-Play Smart WI
21100 W. Capitol Drive, Suite 5
Pewaukee, WI 53072
Fax: 1-262-790-9660
Phone: 1-262-790-9660 / 1-800-882-9282



www.biaw.org 1.800.882.9282



This is the clipboard sticker that the coach will be given once they sign the Coaches Agreement stating they understand the signs and symptoms of concussion and will remove the athlete from practice/play immediately if a concussion is suspected.



Signs & Symptoms of Concussion

RECOGNIZE:

To help recognize a concussion, you should watch for the following two things among the athletes:

- ▶ A forceful blow, bump or jolt to the head or body that results in rapid movement of the head.

AND

- ▶ **ANY CHANGE** in the athlete's behavior, thinking or physical functioning.

RESPOND:

If a player has a suspected concussion, take the following steps:

- ▶ Remove the athlete from practice/play immediately. Do not allow them to return to practice/play the same day
- ▶ Ensure that the athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself
- ▶ Inform the parents/guardians about the known or suspected concussion and give them the fact sheet on concussion
- ▶ Only allow the athlete to return to practice/play once he/she has been evaluated and cleared by an appropriate medical professional

OBSERVED SIGNS

- ▶ Appears dazed or stunned
- ▶ 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
- ▶ Forgets sports plays
- ▶ Is unsure of game, score, or opponent
- ▶ Vomiting

REPORTED SYMPTOMS

- ▶ 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"





This is the helmet sticker that will be given to youth athlete once they sign the Athlete Agreement stating they understand the signs and symptoms of concussion and the importance of telling someone and being removed from practice/play if a concussion is suspected.



Return the Parent & Athlete Agreement form to the BIAW office in the return envelope, which has been provided. Once you receive the Play Smart WI decal, place it on the back right or left side of your helmet.

A Play Smart WI indicator of concussion education, prevention and awareness will be available for non-helmeted sports.

