

2015-2016 USAV YOUTH & JUNIOR VOLLEYBALL PLAYER MEDICAL RELEASE FORM

This **must be** completed - legibly - and signed in all areas by both the player and his/her parent or guardian. I understand and agree that this document will be kept in the possession of authorized adult team personnel and that reasonable care will be used to keep this information confidential. **By signing this form the participant affirms having read and agreed to the terms and conditions listed below.**The Name:

Club:		Team Name	e:			
First Name	Last Name		Birth Date	Age	□ Male	☐ Female
			Dirtii Date	rige		
Primary Contact: Parent or Guanname:	aruian	Address:				
		City, State & Zip				
Primary Phone:		Alternate Phone:				
Secondary Contact: Parent/ Name:	Guardian □Other					
Primary Phone:		Alternate Phone:	:			
Primary Insurance Co		Primary Group/	Policy #		/	
Family Physician Name		Physician Phon	е			
Please elaborate on any medical	conditions of which we s	hould be aware:				
Please list any <u>medications</u> curre	ntly being taken:					
In the past 24 months, have you If yes, provide the date (months a						e outcome:
Please list any <u>allergies</u> :						
If None, please write None.						
		Date:				
(regardless of age):			h a a may / m a mana	ianian ta		. tualisis s
Participant, competition, events, activities and tra of the leaders who will be in charge of participant has full medical insurance possession of authorized adult team allow the authorized adult team perseprovider. I also certify to the best of redescribed above.	of this program. I recognize with the company listed ab personnel and that reasona onnel to release this informa	eyball or any of its Re that the leaders are s ove. I understand an ble care will be used ation in the event of a	serving to the nd agree that to to keep this in medical emen	pall Assoc best of th his docur oformation gency to	ciations (RVA eir ability. I on ment will be le confidential a third party	As). I approve certify that the cept in the I. I agree to medical
Parent/Guardian Signature:			Date:			
Relationship to Participant:						
If, during the course of my daughter's to obtain emergency medical/dental Signature:			bills incurred			
Parent/Guardian or						
I do not authorize emergency m Signature:	edical/dental care for my	daughter/son.	te:			

2015-2016 Season Reviewed 7/30/2015

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 orgroggy
- 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 gan1e plays)
- Repeating the same question/comment

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
- Moves clumsily or displays incoordination
- 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 I n typical behavior or personality
- Loses consciousness

Adapted from the CDC and the 3'd International Conference on Concussion in Sport

Document created 6/15/2009

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 athletes 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. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed heath care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion Remember it's 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	e.gov/ConcussionlnYouthSports/	
Athlete- Name Printed	Athlete Signature	Date
Parent/Legal Guardian- Name Printed	Parent Legal Guardian Signature	Date

Adapted from the CDC and the 3'd International Conference on Concussion in Sport Document created 6/15/2009





Sudden Cardiac Arrest

Information Sheet for

Student-Athletes, Coaches and Parents/Guardians SSB 5083 ~ SCA Awareness Act













What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

> SCA is also the leading cause of sudden death in voung athletes during sports

What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- · Passing out during exercise
- · Chest pain with exercise
- · Excessive shortness of breath with exercise
- · Palpitations (heart racing for no reason)
- · Unexplained seizures
- · A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gasping). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!



Cardiac 3-Minute Drill

1. RECOGNIZE

Sudden Cardiac Arrest

- Collapsed and unresponsive
- Abnormal breathing
- Seizure-like activity

2. CALL 9-1-1

- Call for help and for an AED
- 3. CPR
- Begin chest compressions
- Push hard/ push fast (100 per minute)
- 4. AED
- Use AED as soon as possible

5. CONTINUE CARE

Continue CPR and AED until **EMS** arrives



Be Prepared! Every Second Counts!



www.uwsportscardiology.org





SCA Awareness Youth Heart Screening CPR/AED in Schools