

The College of Saint Elizabeth

Student-Athlete Concussion Statement

- I understand that it is my responsibility to report all injuries and illnesses to my athletic trainer and/or team physician.
- I have read and understand the *NCAA Concussion Fact Sheet*.

After reading the NCAA Concussion Fact Sheet, I am aware of the following information:

A concussion is a brain injury, which I am responsible for reporting to my team physician or athletic trainer.

initial

I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion-related symptoms.

initial

A concussion can affect my ability to perform everyday activities, and affect reaction time, balance, sleep, and classroom performance.

initial

Following concussion the brain needs time to heal. You are much more likely to have a repeat concussion if you return to play before symptoms resolve.

initial

You cannot see a concussion, but you might notice of the symptoms right away. Other symptoms can show up hours or days after the injury.

initial

In rare cases, repeat concussions can cause permanent brain damage, and even death.

initial

If I suspect a teammate has a concussion, I am responsible for reporting the injury to my team physician or athletic trainer.

initial

Student-Athlete Signature

Date

Printed Name of Student-Athlete