CONCUSSION AND SUDDEN CARDIAC ARREST ACKNOWLEDGMENT

Required. Sign and bring to check-in: Thursday, November 12, 6:00 to 8:00 PM, Stephen Decatur High School. One form covers every wrestler you list.

WRESTLER 1 NAME	WRESTLER 2 NAME	WRESTLER 3 NAME
DATE OF BIRTH	DATE OF BIRTH	DATE OF BIRTH

Maryland law (Md. Code, Health-General § 14-501, and Education §§ 7-433 and 7-436) requires youth sports programs to make information about concussions, head injuries, and sudden cardiac arrest available to coaches, athletes, and parents or guardians, and requires that a youth athlete suspected of a concussion be removed from play. Because the Club practices at a public school facility (Stephen Decatur High School), each athlete and parent or guardian must acknowledge receiving this information, and the Club gives the Board of Education of Worcester County a yearly statement that it will comply.

This page summarizes that information. Club coaches review it every season. Copies of the Maryland State Department of Education information are available from the Club on request.

What is a concussion?

A concussion is a brain injury caused by a fall, a bump, blow, or jolt to the head, or a hit to the body that makes the head move or spin quickly. Most concussions happen without being knocked out. A concussion can look mild and still be serious.

Signs and symptoms to watch for

After a hit or fall, watch for any of these, which can show up right away or hours later:

- looking dazed, stunned, or confused, or forgetting what happened;
- headache or pressure in the head, dizziness, nausea, or vomiting;
- trouble with balance, clumsiness, or slow reactions;
- blurry or double vision, or sensitivity to light or noise;
- feeling foggy, slowed down, or unable to concentrate or remember; and
- changes in mood, behavior, or sleep.

Danger signs: call 911 or go to an emergency room

- a seizure (shaking or twitching);
- cannot recognize people or places, or growing confusion, restlessness, or agitation;
- repeated vomiting;
- passing out, or cannot be woken up, or growing drowsiness;
- slurred speech, weakness, numbness, or poor coordination;
- a headache that gets worse and does not go away; or
- one pupil larger than the other.

Why reporting matters

Continuing to practice or compete with a concussion is dangerous. The brain needs time to heal, and another hit before it heals can cause a longer recovery or, in rare cases, severe brain swelling that can be fatal. Wrestlers must tell a coach or parent right away if they have symptoms, or if a teammate does. A concussion can also affect schoolwork, so tell the Wrestler's school so teachers can make adjustments during recovery.

Removal and return to play (Maryland law and Club rules)

- Any Wrestler suspected of having a concussion or other head injury in a practice or competition will be removed from play at that time, and will not return that day.

- The Wrestler may not return to practice or competition until the Wrestler has written clearance from a licensed health care provider trained in the evaluation and management of concussions, and a copy has been given to the Club.
- Parents must tell the Club about any concussion or head injury that happens outside of wrestling. The same return-to-play rule applies.

Sudden cardiac arrest

Sudden cardiac arrest is a condition in which the heart suddenly and unexpectedly stops beating. It is rare in young athletes, but it can be fatal within minutes without CPR and an AED. Warning signs include:

- fainting or near-fainting, especially during or right after exercise;
- difficulty breathing, or shortness of breath out of proportion to effort;
- chest pain or pressure;
- dizziness or lightheadedness;
- an abnormal heart rate (racing, pounding, fluttering, or skipped beats); and
- a family history of heart problems or sudden death before age 50.

Club rules for heart warning signs

Continuing to play or practice after a warning sign of sudden cardiac arrest can be fatal. A Wrestler who faints or has chest pain, difficulty breathing, dizziness, or an abnormal heart rate during activity will be removed from activity, and may not return until the Wrestler has been evaluated and cleared in writing by a licensed health care provider. If a Wrestler collapses, coaches will call 911, start CPR, and use an AED if one is available. Parents must tell the Club about any heart condition or family history of sudden cardiac death.

More information

CDC HEADS UP concussion information: cdc.gov/heads-up. Maryland Public Secondary Schools Athletic Association health and safety information on concussion and sudden cardiac arrest: mpssaa.org.

Acknowledgment

By signing, I acknowledge, for myself and for each Wrestler in this registration, that we received and read this information, that I reviewed it with each Wrestler in words the Wrestler can understand, and that we agree to follow the Club's removal and return-to-play rules.

We have read the concussion and sudden cardiac arrest information, I have reviewed it with each wrestler, and we agree to follow the Club's removal and return-to-play rules.

_____ INITIALS

By signing, I confirm that I am at least 18 years old and the parent or legal guardian of each wrestler named above, with legal authority to sign for each of them, that I have read and understand this document, and that I sign it voluntarily, for myself and for each wrestler.

_____ PARENT OR LEGAL GUARDIAN SIGNATURE

_____ DATE

_____ PRINTED NAME

_____ RELATIONSHIP TO WRESTLER(S)