

**CONCUSSION**  
**INFORMATION AND SIGNATURE FORM FOR COACHES**

Public Chapter 148, effective January 1, 2014, requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in youth athletics about the nature, risk and symptoms of concussion and head injury.

(Adapted from CDC "Heads Up Concussion in Youth Sports")

Sign and return this page.

I have read the *Concussion Information and Signature Form for Coaches*  
 I should not allow any student-athlete exhibiting signs and symptoms consistent with concussion to return to play or practice on the same day.

After reading the Information Sheet, I am aware of the following information:

- Initial \_\_\_\_\_ A concussion is a brain injury.
- Initial \_\_\_\_\_ I realize I cannot see a concussion, but I might notice some of the signs in a student-athlete right away. Other signs/symptoms can show up hours or days after the injury.
- Initial \_\_\_\_\_ If I suspect a student-athlete has a concussion, I am responsible for removing him/her from activity and referring him/her to a medical professional trained in concussion management.
- Initial \_\_\_\_\_ Student-athletes need written clearance from a health care provider to return to play or practice after a concussion. \* (Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training)
- Initial \_\_\_\_\_ I will not allow any student-athlete to return to play or practice if I suspect that he/she has received a blow to the head or body that resulted in signs or symptoms consistent with concussion.
- Initial \_\_\_\_\_ Following concussion the brain needs time to heal. I understand that student-athletes are much more likely to sustain another concussion or more serious brain injury if they return to play or practice before symptoms resolve.

In rare cases, repeat concussion can cause serious and long-lasting problems.  
 I have read the signs/symptoms listed on the *Concussion Information and Signature Form for Coaches*.

Signature of Coach \_\_\_\_\_ Date \_\_\_\_\_  
 Printed name of Coach \_\_\_\_\_

**Coach Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form**

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A student's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues.

SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 youth die of SCA each year. It is the #1 cause of death for student athletes.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- fainting or seizures during exercise;
- unexplained shortness of breath;
- dizziness;
- extreme fatigue;
- chest pains; or
- racing heart.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

The Sudden Cardiac Arrest Prevention Act (the Act)

The act is intended to keep youth athletes safe while practicing or playing. The requirements of the act are:

- All coaches must read and sign this form. It must be returned before participation in any athletic activity. A new form must be signed each year.

Removal from play/return to play

- Any youth athlete who shows signs or symptoms of SCA must be removed from play. The symptoms can happen before, during or after activity. Play includes all athletic activity.
- Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

I have reviewed and understand the symptoms and warning signs of SCA.

Signature of Coach \_\_\_\_\_ Print Coach's Name \_\_\_\_\_ Date \_\_\_\_\_