



A Ministry of Christian Enterprises

Administrative Offices

16707 174th Avenue SE
P.O. Box 58249
Renton, WA 98058-1249

Phone : 425-255-7273
Fax : 425-255-6101
Email : rcsd@rainiercsd.org

Rainier Christian High School

Auburn

Rainier Christian Middle School

Covington

Highlands Elementary

Renton

Kent View Elementary

Kent

Maple Valley Elementary

Fairwood

Highlands Preschool & Childcare

Renton

Little People Preschool & Childcare

Kent

Maple Valley Preschool & Childcare

Fairwood

www.rainierchristianschools.org

Dear Athlete and Parent,

Each athlete is required to read this form and sign the bottom and return it to their Athletic Director. You are not allowed to participate in sports until you have signed the form. When you have finished please sign and date the bottom and return the bottom portion to your Athletic Director.

Thank you,

Tony Jaime

Athletic Director

Rainier Christian High School

HEADS UP: CONCUSSION IN YOUTH SPORTS

A Fact Sheet for **ATHLETES**

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

Is caused by a bump or blow to the head

Can change the way your brain normally works

Can occur during practices or games in any sport

Can happen even if you haven't been knocked out

Can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

Headache or "pressure" in head

Nausea or vomiting

Balance problems or dizziness

Double or blurry vision

Bothered by light

Bothered by noise

Feeling sluggish, hazy, foggy, or groggy

Difficulty paying attention

Memory problems

Confusion

Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?



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Tell your coaches and your parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

Get a medical check up. A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.

Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

Follow your coach's rules for safety and the rules of the sport.

Practice good sportsmanship at all times.

Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:

- The right equipment for the game, position, or activity
- Worn correctly and fit well
- Used every time you play

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

For more information and to order additional materials **free-of-charge**, visit: www.cdc.gov/ConcussionInYouthSports

For more detailed information on concussion and traumatic brain injury, visit: <http://www.cdc.gov/injury>

Athlete Name: _____

Athlete Signature: _____ Date: _____

Parent Name: _____

Parent Signature: _____ Date: _____



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