



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 Parent,

Each parent is required to read this form and sign the bottom and return it to their Athletic Director. Their athlete is not allowed to participate in sports until they 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,

Sarah Henderson

Athletic Director

Rainier Christian High School

HEADS UP: CONCUSSION IN YOUTH SPORTS

A Fact Sheet for **PARENTS**

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall



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Symptoms Reported by Athlete

Headache or “pressure” in head

Nausea or vomiting

Balance problems or dizziness

Double or blurry vision

Sensitivity to light

Sensitivity to noise

Feeling sluggish, hazy, foggy, or groggy

Concentration or memory problems

Confusion

Does not “feel right”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

Ensure that they follow their coach’s rules for safety and the rules of the sport.

Encourage them to practice good sportsmanship at all times.

Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.

Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.

Keep your child out of play. Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

Tell your child’s coach about any recent concussion.

Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.



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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 braininjury, visit:
<http://www.cdc.gov/injury>

Parent Name: _____ Child's Name: _____

Parent Signature: _____ Date: _____