Eastern Florida State College

Student-Athlete Concussion Statement

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 coach, physician or athletic trainer.
- A concussion can affect my ability to perform everyday activities, and affect reaction time, balance, sleep and classroom performance.
- You cannot see a concussion, but you might notice the symptoms right away and some symptoms can show up hours or days after the injury.
- If I suspect a teammate has a concussion, I am responsible for reporting the injury to the athletic trainer or coach.
- 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.
- Following a concussion the brain needs time to heal. You are much more likely to have a repeat concussion if you return to play before your symptoms resolve.
- In rare cases, repeat concussions can cause permanent brain damage and even death.

I understand that it is my responsibility to report all injuries and illnesses to my athletic trainer, physician and coach.

I have read and understand the NCAA Concussion Fact Sheet

____________________________________  __________________________________________________________
 (signature of student-athlete)                            (student-athlete printed name)

____________________________________  __________________________________________________________
 (signature of parent if student-athlete is under 18 years old )  (parent printed name)

____________________________________  __________________________________________________________
 Date  Sport

2015-2016