



**ALASKA YOUTH SOCCER ASSOCIATION**  
**Alaska Futsal League**  
**AFL Possible Head Injury-Concussion Notification**

Today, \_\_\_\_\_, 2\_\_, at the \_\_\_\_\_ [insert AFL-Game & Player Name] received a possible head injury / concussion during competition. Alaska Youth Soccer / US Youth Soccer and Affiliate Staff want to make you aware of this possibility and signs and symptoms that may arise which may require further evaluation and/or treatment.

It is common for a concussed child or young adult to have one or many concussion symptoms. There are four types of symptoms: physical, cognitive, emotional, and sleep.

If your daughter or son starts to show signs of these symptoms, or there any other symptoms you notice about the behavior or conduct of your son or daughter, you should consider seeking immediate medical attention:

- |                  |                                       |
|------------------|---------------------------------------|
| - Vomiting       | - Memory difficulties                 |
| - Neck pain      | - Irritability                        |
| - Fatigued       | - Delicate to light or noise          |
| - Focus issues   | - Repeats the same answer or question |
| - Slow reactions | - Headaches that worsen               |
| - Slurred speech | - Irregular Sleep Pattern             |
| - Odd behavior   | - Weakness/numbness in arms/legs      |
| - Seizures       |                                       |

Please take the necessary precautions and seek a professional medical opinion before allowing your daughter or son to participate further. Until a professional medical opinion is provided, please consider the following guidelines:

- refraining from participation in any activities the day of, and the day after, the occurrence.
- refraining from taking any medicine unless (1) current medicine, prescribed or authorized, is permitted to be continued to be taken, and (2) any other medicine is prescribed by a licensed health care professional.
- refraining from cognitive activities requiring concentration cognitive activities such as TV, video games, computer work, and text messaging if they are causing symptoms.

If you are unclear and have questions about the above symptoms, please contact a medical doctor or doctor of osteopathy who specializes in concussion treatment and management. Please be advised that a player who suffers a concussion may not return to play until there is provided a signed clearance from a medical doctor or doctor of osteopathy who specializes in concussion treatment and management.

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For Alaska Youth Soccer Futsal League**

Player's Team: \_\_\_\_\_ Age Group: \_\_\_\_\_

Player Name: \_\_\_\_\_ Gender: \_\_\_\_\_

Player Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Legal Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Team Official Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**By inserting my name and date and returning this Notification Form, I confirm that I have been provided with, and acknowledge that, I have read the information contained in the Form.**

**Please complete the form with signatures; submit form by email or mail. Mail to AYSA at: 1231 W Northern Lights Blvd #821, Anchorage AK 99503. Email to AYSA at: [alaskayouthsoccer@gmail.com](mailto:alaskayouthsoccer@gmail.com)**

References:

Kissick MD, James and Karen M. Johnston MD, PhD. "Return to Play After Concussion." Collegiate Sports Medical Foundation. Volume 15, Number 6, November 2005. [http://www.csmfoundation.org/Kissick\\_-\\_return\\_to\\_play\\_after\\_concussion\\_-\\_CJSM\\_2005.pdf](http://www.csmfoundation.org/Kissick_-_return_to_play_after_concussion_-_CJSM_2005.pdf). April 22, 2011.

National Federation of State High School Associations. "Suggested Guidelines for Management of Concussion in Sports". 2008 NFHS Sports Medicine Handbook (Third Edition). 2008 77-82. <http://www.nfhs.org>. April 21, 2011.

Children's National Medical Center. "Safe Concussion Outcome, Recovery & Education (SCORE) Program." Adapted by Gerard Gioia, PhD; Micky Collins, PhD; Shireen Atabaki, MD, MPH; Noel Zuckerbraun, MD, MPH. <http://www.childrensnational.org/score>. June 27, 2011.

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