



ALASKA YOUTH SOCCER ASSOCIATION
Alaska Development Program (ADP)



ADP Possible Head Injury-Concussion Notification
For Alaska Development Program Events

Today, _____, 2_____, at the _____;

_____ [Insert Event Title & Player’s Name] received a possible head injury / concussion during practice, camp, or competition. Alaska Youth Soccer / US Youth Soccer and ADP 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 other symptoms you notice about the behavior or conduct of your son or daughter, you should consider seeking immediate medical attention:

Vomiting
Neck pain
Fatigued
Focus issues
Slow reactions
Slurred speech
Odd behavior
Seizures

Irritability
Memory difficulties
Delicate to light or noise
Headaches that worsen
Irregular Sleep Pattern
Less responsive than usual
Repeats the same answer or question
Weakness/numbness in arms/legs

Please take the necessary precautions and seek a professional medical opinion prior to your daughter or son continued participation in the Alaska Development Program (ADP). 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. Submit your signed clearance to the Alaska State Office at alaskayouthsoccer@gmail.com.

**** Notify Alaska Youth Soccer and submit the Alaska Development Program (ADP) Possible Head Injury-Concussion Notification Form within Two (2) days of incident/ accident.**



ADP Possible Head Injury-Concussion Notification For Alaska Development Program (ADP) Participants

Player's Team: _____ Age Group: _____

Player Name: _____ Gender: _____

Player Signature: _____ Date: _____

Parent/Legal Guardian Signature: _____ Date: _____

Parent/Legal Guardian Email: _____ Phone: _____

AYSA /ADP 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 and email to the Alaska State Office at alaskayouthsoccer@gmail.com; If returning the signed Form by mail, to the following address: Alaska Youth Soccer; 200 W 34TH Ave #21, Anchorage AK 99503.

**** Notify Alaska Youth Soccer and submit the Alaska Development Program (ADP) Possible Head Injury-Concussion Notification Form within Two (2) days of incident/ accident.**

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. 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.childreznational.org/score>. June 27, 2011.

**Alaska Youth Soccer
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