

Concussion Information & Acknowledgment Form

Wrestling is a contact sport, and like many sports, there is a risk of concussions and head injuries. Reiver Wrestling Academy ("Academy") is committed to the safety of all participants and requires that athletes and parents/guardians review and acknowledge the following concussion information.

What is a Concussion?

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or body that causes the brain to move rapidly inside the skull. Concussions can occur even without loss of consciousness.

Common Signs and Symptoms

Concussion symptoms may appear immediately or develop hours after the injury. They may include, but are not limited to:

- Headache, dizziness, or nausea
- Confusion, difficulty concentrating, or memory problems
- Sensitivity to light or noise
- Blurred vision or balance issues
- Feeling sluggish, foggy, or unusually tired
- Emotional changes such as irritability, sadness, or nervousness

Athlete Responsibilities

- I will immediately tell a coach or parent/guardian if I experience or suspect any concussion symptoms.

- I will not hide symptoms and will not return to practice or competition until cleared by a licensed health care provider.
- I will support teammates in reporting symptoms honestly and prioritizing safety.

Parent/Guardian Responsibilities

- I understand the signs, symptoms, and risks of concussions.
- I will ensure my child seeks prompt medical evaluation if a concussion is suspected.
- I will follow medical guidance regarding return-to-play protocols.
- I will support the Academy's policies prioritizing athlete health and safety.

Acknowledgment of Understanding

By signing below, I acknowledge that I have read and understand the information provided about concussions. I understand the risks associated with participation in wrestling and agree to abide by the Academy's concussion safety protocols.