

UNIVERSITY OF KENTUCKY

Declaration of Student-Athlete Responsibility for Reporting Injuries/Illnesses

1) ASSUMPTION OF RISK

I accept the responsibility for reporting my injuries and illnesses to the institutional medical staff, including signs and symptoms of concussions. I have received educational material on the signs and symptoms of concussions, and understand these signs and symptoms.

2) CONCUSSIONS

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If you notice the symptoms or signs of concussion OR if your teammates, friends, coaches, or parents notice any of these symptoms, it is important to seek medical attention right away.

Signs and Symptoms of Concussion*

*Loss of consciousness (LOC)	*Visual Disturbances (Photophobia, blurry, Phono/photophobia vision, double vision)
*Confusion	*Post-traumatic amnesia (PTA)
*Disequilibrium	*Retrograde amnesia (RGA)
*Delayed verbal and motor responses	*Feeling “in a fog,” “zoned out”
*Inability to focus	*Vacant stare
*Headache	*Emotional lability
*Nausea/Vomiting	*Dizziness
*Excessive drowsiness	*Slurred/incoherent speech

*taken from NCAA 2008-09 Sports Medicine Handbook, table 1, page 49

It is important that if you, the student-athlete suffer any of the above signs or symptoms OR notice the same in a teammate, it is your responsibility to report this to the athletic training staff.

Once a concussion has been reported or identified, the athlete will be removed from activity and not allowed to return on that same day. Subsequently, the athlete will be evaluated by the athletic trainer as well as a team physician. Further observation and specific testing will be done as symptoms dictate to ensure a safe return to activity.

Continuing to play with the signs and symptoms of a concussion leaves the athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling with devastating and even fatal consequences. It is well known that athletes will often under report symptoms of injuries and concussions are no different. As a result, education of administrators, coaches, and the athlete themselves is important to the student-athlete’s safety.

Please take the time to review the material in this document as well as the NCAA “Concussion Fact Sheet for Student-Athletes” and ask any questions you may have. Additionally, it’s our expectation that you are honest and thorough regarding any history of concussions you may have suffered prior to joining the University of Kentucky.

3) SIGNATURE OF STUDENT-ATHLETE RESPONSIBILITY

My signature below acknowledges that I have reviewed the material on concussions and head injuries along with my responsibility to report injuries/illnesses to the medical staff as it relates to student-athletes at the University of Kentucky. I have been given the opportunity to ask any questions and have them answered to my satisfaction. I further understand that I share the responsibility for honestly and promptly reporting the symptoms of a head injury to the athletic training staff.

Student-Athlete

Date

Witnessed by:
University of Kentucky Athletic Training Staff

Date