



Student-Athlete Name (printed): \_\_\_\_\_

Sport: \_\_\_\_\_

- I have read and understand the College of Marin Concussion Fact Sheet for Student-Athletes. (If true, please checkbox)  
\*If there is anything on this sheet that you do not understand, please ask your athletic trainer to explain it to you.

<b>Student Athlete Initials</b>	<b>By initialing, you confirm that you understand the following information that has been provided to you about concussions:</b>
	A concussion is a brain injury caused by a blow to the head or body.
	A concussion can change the way your brain normally works, such as the ability to think, balance, and perform classwork.
	A concussion can range from mild to severe.
	A concussion can present itself differently for each athlete.
	A concussion can occur during practice or competition in any sport. A concussion can also occur outside of sport.
	A concussion can occur even if you do not lose consciousness. You can't see a concussion, but you might notice some symptoms right away or hours/days after the injury.
	Exercise or activities that involve a lot of concentration may cause concussion symptoms to reappear or get worse.
	I should tell my athletic trainer and coach if I think I may have sustained a concussion.
	I should tell my athletic trainer and coach if I think one of my teammates may have sustained a concussion.
	I should not return to participation in a game, practice or other activity with symptoms, until am cleared by my Physician and follow C.O.M Return to Play Protocol.
	After a concussion, the brain needs time to heal. I understand that I am much more likely to have a repeat concussion if I return to play or practice before concussion symptoms go away. In rare cases, repeat concussions 2ND IMPACT SYNDROME can cause permanent brain damage, and even death. Severe brain injury can change my whole life.

**I have read and understand the College of Marin Athletic Training Concussion Policy.**

Signature of Student-Athlete \_\_\_\_\_ Date \_\_\_\_\_