

**Notification of Possible Concussion for UFA Events/Activities  
(complete the form in duplicate – 1 provided to parent/guardian, 1 to UFA)**

Today, \_\_\_\_\_ [month and day], \_\_\_\_\_ [year], during practice/game/other activity [circle which] held at \_\_\_\_\_ [insert field/venue], \_\_\_\_\_ [insert player's name] received a possible concussion.

I want to formally advise you of this possibility, and also remind you of the signs and symptoms that may arise from such an injury which might require further evaluation and/or treatment by a medical professional.

It is common for a concussed player to have one or many concussion symptoms. There are four types of symptoms: physical, cognitive, emotional, and sleep. If your child starts to show signs of these symptoms, or there are any other symptoms you notice about the behavior or conduct of your child, you should consider seeing immediate medical attention. These symptoms might include, among other signs, the following:

- Memory difficulties	- Less responsive than usual	- Neck pain
- Delicate to light or noise	- Headaches that worsen	- Odd behavior
- Repeats the same answer	- Vomiting	- Slurred speech
- Focus issues	- Irregular sleep	- Slow reactions
- Seizure patterns	- Weakness/numbness in arms or legs	- Irritability

Please take the necessary precautions and seriously consider seeking a professional medical opinion should your child exhibit any of the above symptoms. UFA strongly encourages that your medical professional also clears your child for return to soccer activity before you allow your child to participate further. Until you, as parent or legal guardian, authorize your child to return to play (preferably after seeking a professional medical opinion), please consider the following guidelines for your child:

- Refrain from participation in any activities the day of, and the day after, the occurrence.
- Refrain 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.
- Refrain from cognitive activities requiring concentration 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 immediately contact a medical doctor for evaluation and/or clarification on your child's condition.

Your child will not be permitted to return to play in any UFA activity until you sign and return the RETURN TO PLAY AUTHORIZATION FORM.

\_\_\_\_\_  
Signature of coach/UFA representative      Signature of parent or legal guardian