



## Concussion Awareness-Prevention Guidelines



The following constitutes the policies of Cambridge Jr Cheer, Inc. concerning concussion awareness and prevention within our organization.

Cambridge Jr Cheer, Inc. is committed to maintaining an adequate system and regularly promotes a concussion awareness and safety recognition program, including but not limited to the online Concussion Course offered by the Center for Disease Control and Prevention.

[www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)

Cambridge Jr Cheer, Inc. communicates in writing (including by electronic means), their concussion awareness and safety recognition program to all participants, coaches, parents and involved parties.

Cambridge Jr Cheer, Inc. has a clear understanding of concussion and the potential consequences of the injury, recognizing concussion signs and symptoms and how to respond.

Cambridge Jr Cheer, Inc. is focused on prevention and preparedness to help keep participants safe and learning the steps for returning to activity after a concussion.

Cambridge Jr Cheer, Inc. will take the following 5 steps if we suspect a participant has a concussion:

1. Remove the athlete from play. Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head and body. When in doubt, keep the athlete out of play.
2. Ensure that the athlete is evaluated by a healthcare professional, experienced in evaluating for concussion.
3. Record the following information can help healthcare professionals in assessing the athlete after the injury:
  - a. Cause of the injury and force of the hit or blow to the head or body.
  - b. Any loss of consciousness (passed out/knocked out) and if so, for how long.
  - c. Any memory loss immediately following the injury.
  - d. Any seizures immediately following the injury.
  - e. Number of previous concussions (if any).
4. Inform the athlete's parents or guardians about the possible concussion and provide the fact sheet on concussions. Make sure they know that the athlete should be seen by a health care professional experienced in evaluation for concussion.
5. Keep the athlete out of play the day of the injury and until a healthcare professional experienced in evaluating for concussion, says they are symptom-free, and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first, usually within a short period of time (hours, days or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

By signing the statement, I acknowledge that we have adopted this program and have incorporated it into our program.

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Parent/Guardian Signature

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Date

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Parent/Guardian Printed Name

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Your Cheerleader Name