



Sports Medicine

Student-Athlete Concussion Education Acknowledgement Statement

- I understand that it is my responsibility to report all injuries and illnesses to my athletic trainer and/or team physician under Iowa State University Athletics Policies to expedite my health care.
- I have read and understand the NCAA Concussion Fact Sheet

After reading the NCAA Concussion Fact Sheet, I am aware of the following information:

Initial A concussion is a brain injury, which I am responsible for reporting to my team physician or athletic trainer immediately.

Initial A concussion can affect my ability to perform everyday activities, and affect reaction time, balance, sleep, and classroom performance.

Initial You cannot see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

Initial If I suspect a teammate has a concussion, I am responsible for reporting the injury to my athletic trainer or team physician.

Initial I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion related symptoms.

Initial Following a concussion, the brain needs time to heal. I am much more likely to have a repeat concussion if I return to play before my symptoms resolve.

Initial In rare cases, repeat concussions can cause permanent brain damage, and even death.

Print Name

Signature

Date