

## Consent Form

### BASELINE COGNITIVE TESTING AND RELEASE OF INFORMATION

I give my permission for (name of child) \_\_\_\_\_,  
born (date of birth) \_\_\_\_\_, to have a baseline ImPACT® (Immediate Post-Concussion Assessment and Cognitive Testing) test administered at Maryvale Preparatory School. I understand that my child may need to be tested more than once, depending upon the results of the test. I understand there is no charge for the testing. Maryvale Preparatory School is not providing medical coverage or reimbursement for any testing, assessment, follow-up, or rehabilitation beyond the initial baseline ImPACT test

Maryvale Preparatory School may release the ImPACT test results to my child's primary care physician, neurologist, other treating physician, or any licensed healthcare professional as indicated below.

I understand that general information about the test data may be provided to my child's guidance counselor and teachers, for the purposes of providing temporary academic modifications, if necessary. I understand that the concussion baseline testing is designed only for concussion management and not as an IQ test and will not be used for educational planning or placement decisions.

Signature of parent/guardian \_\_\_\_\_

Name of parent/guardian \_\_\_\_\_

Date \_\_\_\_\_

Please print the following information:

Physician/licensed healthcare professional \_\_\_\_\_

Practice or group name \_\_\_\_\_

Phone number \_\_\_\_\_

Student's home address (street address, city/state/zip)  
\_\_\_\_\_

Parent or guardian phone numbers:

Home \_\_\_\_\_

Preferred contact number: Home Work Mobile

Work \_\_\_\_\_

Mobile \_\_\_\_\_



Dear Parent/Guardian,

Thanks to our relationship with Towson Sports Medicine, Maryvale Preparatory School will be using the concussion management program ImPACT in the 2018-2019 school year.

The key to a successful concussion evaluation and management program is pre-participation baseline testing. It is required for student-athletes 12 ½ years and older to complete the ImPACT baseline test prior to the start of her season.

Per Maryland State Law, it is mandated that all athletes and their parents/guardians receive concussion awareness education. Therefore, attached to this letter is a parent-athlete concussion information sheet. Please read through this document with your daughter to familiarize yourselves with the signs and symptoms of a concussion as well as other concussion information and the return to play protocol. After reading the information sheet, please sign the bottom and have your daughter sign and return the form to the Athletic Trainer, Chelsea Klein. This confirms that you have completed the concussion awareness education and understand that your daughter must complete baseline testing or she cannot participate.

If you have questions regarding ImPACT, the concussion information, protocol or anything else, please contact Chelsea Klein at [cklein@towsonortho.com](mailto:cklein@towsonortho.com).

Thank you,

Chelsea Klein, M.Ed, LAT, ATC  
Athletic Trainer  
Maryvale Preparatory School  
Towson Sports Medicine  
[cklein@towsonortho.com](mailto:cklein@towsonortho.com)



## Concussion Information Sheet

### WHAT IS A CONCUSSION?

A concussion is a brain injury that is 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.

### WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your student-athlete reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

<b>Symptoms may include one or more of the following:</b>	
<ul style="list-style-type: none"> <li>• Headaches or “pressure in head”</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>• Amnesia</li> <li>• Don’t feel right”</li> <li>• Fatigue or low energy</li> <li>• Sadness</li> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• More emotional</li> <li>• Confusion</li> <li>• Concentration or memory problems (forgetting game plays)</li> <li>• Repeating the same question/ comment</li> </ul>
<b>Signs observed by teammates, parents and coaches include:</b>	
<ul style="list-style-type: none"> <li>• Appears dazed</li> <li>• Vacant facial expression</li> <li>• Confused about assignment or play</li> <li>• Is unsure of game, score, or opponent</li> <li>• Moves clumsily or displays incoordination</li> <li>• Answers questions slowly</li> </ul>	<ul style="list-style-type: none"> <li>• Shows behavior or personality changes</li> <li>• Can’t recall events prior to hit</li> <li>• Can’t recall events after hit</li> <li>• Seizures or convulsions</li> <li>• Loses consciousness</li> <li>• Slurred speech</li> </ul>



## Concussion Information Sheet

### WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

Athletes with the signs and symptoms of concussion should be removed from play immediately. 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 (second impact syndrome) with devastating and even fatal consequences. It is well known that an adolescent or teenage athlete will often under report symptoms of injuries. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety regarding concussion.

### WHAT SHOULD YOU DO IF YOU SUSPECT A CONCUSSION?

In compliance with Maryvale Preparatory School's Concussion Management Program, any athletes suspected of suffering a concussion should be removed from the game or practice immediately and seek medical attention. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. You should also inform your child's athletic trainer, coach, or athletic director if you think that your child may have a concussion. Remember it is better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying and working on the computer, may cause concussion symptoms to reappear or get worse. Remember, concussions affect people differently.

### WHAT ARE THE RETURN TO PLAY GUIDELINES?

There is a five day return to play protocol mandated by the state of Maryland and adapted by Maryvale Preparatory School, which the athlete must complete after being diagnosed with a concussion, before returning to her sport.

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Student-athlete Name Printed

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Student-athlete Signature

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Date

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Parent or Legal Guardian Printed

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Parent or Legal Guardian Signature

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Date