



At RCA Jiu-Jitsu, the safety and well-being of our students are our top priorities. We believe it is important to inform you about the risks associated with concussions, a type of brain injury that can occur during physical activities. Please read the information below carefully and sign the acknowledgment at the end of this form.

What is a Concussion?

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or body that causes the brain to move rapidly inside the skull. This sudden movement can cause the brain to bounce around or twist, leading to chemical changes in the brain and sometimes stretching and damaging brain cells.

Symptoms of a Concussion

Concussion symptoms can vary greatly and may not appear immediately. They can last for days, weeks, or even longer. Common symptoms include:

Physical Symptoms:

- Headache or a feeling of pressure in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, groggy, or dazed

Cognitive Symptoms:

- Difficulty concentrating
- Difficulty remembering
- Feeling mentally "foggy"

Emotional Symptoms:

- Irritability
- Sadness
- Increased emotionality
- Nervousness or anxiety

Sleep Symptoms:

- Sleeping more than usual
- Sleeping less than usual
- Trouble falling asleep

What to Do if a Concussion is Suspected

If you suspect your child has sustained a concussion, it is important to take the following steps:

1. **Remove the Child from Activity:** Immediately remove your child from any physical activity to prevent further injury.
2. **Seek Medical Attention:** Consult a healthcare professional who is experienced in evaluating and managing concussions. They will provide a thorough evaluation and guidance on recovery.
3. **Rest and Recovery:** Follow the medical professional's advice, which will likely include plenty of rest and gradual return to normal activities. Avoid activities that require a lot of concentration or physical exertion.
4. **Monitor Symptoms:** Keep a close watch on your child's symptoms. If they worsen or new symptoms appear, seek medical attention immediately.
5. **Follow Up:** Ensure your child attends any follow-up appointments as recommended by their healthcare provider.

Thank you for your attention to this important matter. Ensuring the safety and health of our students is a shared responsibility, and we appreciate your cooperation.

Sincerely,

RCA Team
702.755.8705
Rcabjjlv@gmail.com