



Sports Safety Awareness

Concussion:

Concussion is a brain injury. To increase concussion awareness, the Center for Disease Control and Prevention (CDC) has developed the attached information sheet; please review it with your child. If you have any questions, please consult your child’s coach or health care provider.

Heart Screening:

Sudden cardiac deaths have been reported among competitive athletes. It occurs as a result of exertion-related genetic cardiac condition called Hypertrophic Cardiomyopathy (HCM). Athletes may show no symptoms. Heart screening by a qualified health care provider may identify this underlying heart condition. If you have a family history of sudden cardiac arrest or you have any concerns, please consult your child’s health care provider. If you would like to self refer, ask your child’s health care provider for any recommendations.

I have read the Sports Safety Awareness information with my child.

Parent

Date

Student

Date