<table>
<thead>
<tr>
<th>FORM</th>
<th>INSTRUCTIONS</th>
<th>DUE DATE</th>
<th>DELIVER TO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency Contact / Insurance Information Form</td>
<td>Must be completed annually by student-athletes</td>
<td>July 15th</td>
<td>Athletic Training Room Sports Center Eastern Connecticut State University 83 Windham Street Willimantic, CT 06226 Fax: (860)465-0324 Email: <a href="mailto:alexanderju@easternct.edu">alexanderju@easternct.edu</a></td>
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<td>Medical History Questionnaire Form</td>
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<td>Insurance Card</td>
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<tr>
<td>Permission For Athletic Injury And Illness Care / Assumption Of Risk / Consent Form</td>
<td>Must be completed annually by student-athletes</td>
<td>July 15th</td>
<td>Athletic Training Room Sports Center Eastern Connecticut State University 83 Windham Street Willimantic, CT 06226 Fax: (860)465-0324 Email: <a href="mailto:alexanderju@easternct.edu">alexanderju@easternct.edu</a></td>
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<tr>
<td>Pre-participation Examination Form (PPE) -AND- Sickle Cell Trait Waiver Form (or Laboratory Proof of Sickle Cell Trait Status)</td>
<td>Medical history must be completed and signed annually by student-athlete PPE examination must be completed annually by a physician of your choice, returning student-athletes may have PPE completed on campus by a Student Health Services practitioner Sickle cell trait status waiver must be completed once prior to first year of participation (if you are a returning athlete and previously completed this form, please disregard) Sickle cell trait status lab report may be submitted by email, fax or mail (if you are a returning athlete and previously submitted this document, please disregard) MUST BE PRINTED, COMPLETED BY MD, THEN SUBMITTED BY EMAIL, FAX OR MAIL</td>
<td>July 15th or ASAP after date of physical exam, or as scheduled by Student Health Services</td>
<td>Athletic Training Room Sports Center Eastern Connecticut State University 83 Windham Street Willimantic, CT 06226 Fax: (860)465-0324 Email: <a href="mailto:alexanderju@easternct.edu">alexanderju@easternct.edu</a></td>
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CONCUSSION
A FACT SHEET FOR STUDENT-ATHLETES

WHAT IS A CONCUSSION?
A concussion is a brain injury that:
• Is caused by a blow to the head or body.
  – From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
• Can change the way your brain normally works.
• Can range from mild to severe.
• Presents itself differently for each athlete.
• Can occur during practice or competition in ANY sport.
• Can happen even if you do not lose consciousness.

HOW CAN I PREVENT A CONCUSSION?
Basic steps you can take to protect yourself from concussion:
• Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
• Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
• Follow your athletics department’s rules for safety and the rules of the sport.
• Practice good sportsmanship at all times.
• Practice and perfect the skills of the sport.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?
You can’t see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:
• Amnesia.
• Confusion.
• Headache.
• Loss of consciousness.
• Balance problems or dizziness.
• Double or fuzzy vision.
• Sensitivity to light or noise.
• Nausea (feeling that you might vomit).
• Feeling sluggish, foggy or groggy.
• Feeling unusually irritable.
• Concentration or memory problems (forgetting game plays, facts, meeting times).
• Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?
Don’t hide it. Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.
Report it. Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.
Get checked out. Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.
Take time to recover. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.

IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON. WHEN IN DOUBT, GET CHECKED OUT.
For more information and resources, visit www.NCAA.org/health-safety and www.CDC.gov/Concussion.

Reference to any commercial entity or product or service on this page should not be construed as an endorsement by the Government of the company or its products or services.
WHAT IS SICKLE CELL TRAIT?

Sickle cell trait is not a disease. Sickle cell trait is the inheritance of one gene for sickle hemoglobin and one for normal hemoglobin. Sickle cell trait will not turn into the disease. Sickle cell trait is a life-long condition that will not change over time.

DO YOU KNOW IF YOU HAVE SICKLE CELL TRAIT?

People at high risk for having sickle cell trait are those whose ancestors come from Africa, South or Central America, India, Saudi Arabia and Caribbean and Mediterranean countries.

Sickle cell trait occurs in about 8 percent of the U.S. African-American population, and between one in 2,000 to one in 10,000 in the Caucasian population.

Most U.S. states test at birth, but most athletes with sickle cell trait don’t know they have it.

The NCAA recommends that athletics departments confirm the sickle cell trait status in all student-athletes.

Knowledge of sickle cell trait status can be a gateway to education and simple precautions that may prevent collapse among athletes with sickle cell trait, allowing you to thrive in your sport.

HOW CAN I PREVENT A COLLAPSE?

Know your sickle cell trait status.

Engage in a slow and gradual preseason conditioning regimen.

Build up your intensity slowly while training.

Set your own pace. Use adequate rest and recovery between repetitions, especially during “gassers” and intense station or “mat” drills.

Avoid pushing with all-out exertion longer than two to three minutes without a rest interval or a breather.

If you experience symptoms such as muscle pain, abnormal weakness, undue fatigue or breathlessness, stop the activity immediately and notify your athletic trainer and/or coach.

Stay well hydrated at all times, especially in hot and humid conditions.

Avoid using high-caffeine energy drinks or supplements, or other stimulants, as they may contribute to dehydration.

Maintain proper asthma management.

Refrain from extreme exercise during acute illness, if feeling ill, or while experiencing a fever.

Beware when adjusting to a change in altitude, e.g., a rise in altitude of as little as 2,000 feet. Modify your training and request that supplemental oxygen be available to you.

Seek prompt medical care when experiencing unusual physical distress.

For more information and resources, visit www.NCAA.org/health-safety