

**Pine Manor College**  
**Student Athlete Concussion Waiver**

*I have received, read and understand the concussion information sheet which details the signs, symptoms and risks associated with sustaining a concussion. I am aware of the following:*

- A concussion is a brain injury that needs to be treated seriously. There is no such thing as just “getting one’s bell rung”.
  - Symptoms may include: headache, dizziness or balance problems, nausea or vomiting, fatigue, difficulty concentrating or remembering, sensitivity to light or noise, blurred vision, trouble sleeping or you may feel slowed down or have trouble controlling your emotions (anger, sadness, anxiety).
  - Some concussion symptoms do not appear immediately and may develop over time. This can occur hours and days following the injury.
  - When a concussion occurs, the brain needs time to heal properly. This includes physical and mental rest.
  - If a concussion is not managed properly, many consequences may result. This includes, but is not limited to, an increased susceptibility to another concussion and/or post-concussion syndrome.
  - In rare cases, if returned to participation too early and another concussion is sustained, young athletes may suffer from second-impact syndrome. This results in rapid swelling of the brain and can lead to permanent brain damage or death.
  - After sustaining one concussion, your risk of sustaining another increases.
  - Repeated concussions can lead to serious long-lasting consequences.
  - If a concussion is sustained, you can only be cleared through Athletic Training Services at Pine Manor College.
- If I suspect that I have a concussion, I will report any signs or symptoms to the athletic trainer or medical professional covering the practice or event immediately.*

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Student-Athlete Printed Name

Date

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Student-Athlete Signature

Date

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Parental Guardian Printed Name (if student-athlete under 18)

Date

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Parental Guardian Signature (if student-athlete under 18)

Date