

Concussion & Heat Illness Information Acknowledgment

Lady Lake Youth Baseball & Youth Softball Inc.

Purpose

The health and safety of every participant is a top priority for Lady Lake Youth Baseball & Youth Softball Inc. ("the League"). This document provides parents and guardians with important information about two serious risks in youth sports — concussions and heat-related illness — and asks you to acknowledge that you have read and understand it.

Concussion Information

A concussion is a brain injury caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly. Even a mild bump can be serious. Concussions can occur in any sport, including baseball and softball.

Warning signs and symptoms may include:

- Headache or pressure in the head
- Nausea or vomiting
- Dizziness, balance problems, or unsteadiness
- Confusion, difficulty concentrating, or memory problems
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Changes in mood, behavior, or personality
- Loss of consciousness (even briefly)

If a player is suspected of having a concussion, they should be removed from play immediately and should not return until evaluated and cleared in writing by a qualified health care provider. "When in doubt, sit them out."

Heat Illness Information

Heat-related illness occurs when the body cannot cool itself adequately, often during activity in hot or humid conditions. It ranges from heat cramps to heat exhaustion to life-threatening heat stroke.

Warning signs and symptoms may include:

- Heavy sweating or, in severe cases, no sweating
- Muscle cramps
- Weakness, fatigue, or dizziness
- Headache or nausea
- Rapid heartbeat

- Confusion or fainting
- Hot, red, dry, or damp skin (a sign of heat stroke — a medical emergency)

To reduce risk, players should stay well hydrated before, during, and after activity, take rest breaks in shade, and wear appropriate clothing. Any player showing signs of heat illness should stop activity immediately. Heat stroke is a medical emergency — call 911.

Parent / Guardian Acknowledgment

By completing my child's registration, I acknowledge that I have read and understand this Concussion & Heat Illness information. I agree to notify the League and my child's coach of any concussion, heat-related illness, or other medical condition that may affect my child's safe participation, and I understand that a player suspected of a concussion will be removed from play until cleared by a qualified health care provider.

Required Acknowledgment

■ I have read and understand the Concussion & Heat Illness Information Acknowledgment.

Parent/Guardian Name: _____

Date: _____