

Sport Camp & Dates: _____

Camper: _____

Date: _____

UC SAN DIEGO CAMPS CONCUSSION POLICY

- Any camper that sustains a head injury and experiences NO concussive symptoms, must sit out for 15 minutes.
- Any camper that sustains a head injury and experiences any of the symptoms of a concussion for any period of time, **must sit out for at least the remainder of the day and must be cleared by a physician (MD or DO of no relation to the camper)**. Symptoms may include, but are not limited to,
 - * headache
 - * double vision
 - * dizziness
 - * nausea or vomiting
 - * drowsiness
 - * memory problems
 - * sensitivity to light
 - * sensitivity to noise
- The camper must also be evaluated by the medical professional at the camp. Coaches do not count as medical professionals. The medical professional will determine the appropriate course of treatment following their examination of the camper.
- If the concussive symptoms are present, then the camper will be held out of all participation until evaluated by a Physician.
- **SEEING A PHYSICIAN**
 - The parent may choose to take the camper to the camper's personal physician (must be an MD or DO of no relation to the camper). The parent is responsible for making the appointment with the physician as well as driving the camper to the physician appointment.
 - If the parent cannot take the camper, one of the camp counselors will need to take the camper to the emergency room.
 - The camper and his/her family are responsible for all costs incurred as a result.
- Return to Play
 - A camper may not return to play until he/she has been symptom-free for at least 24 hours.
 - **AND**
 - The camper must provide documentation from the physician (both signed and stamped by the physician) detailing the exam as well as the physician's participation recommendations.

I acknowledge I have read and understand the UC San Diego Concussion Policy.

Parent Signature: _____

Date: _____