



SAN DIEGO YOUTH SPORTS LLC

CONCUSSION & SUDDEN CARDIAC ARREST INFORMATION SHEET

Fallbrook Hoops League · 2026–27 Season · Read together and sign before the first practice or game

Every player and parent or guardian must read this sheet together and sign it each season before the player's first practice or game, as required by California Health and Safety Code §124235. You sign it online during registration.

This sheet is general information, not medical advice. If you have questions about your child's health, talk to your child's doctor.

PART 1: CONCUSSION

WHAT A CONCUSSION IS

A concussion is a brain injury caused by a bump, blow or jolt to the head, or by a hit to the body that makes the head move quickly back and forth. There's no such thing as a "minor" concussion. Most players don't lose consciousness, and symptoms may not show up for hours or even a day or two.

Why it matters: Kids' brains are still developing. A player who keeps playing with a concussion is more likely to get hurt again, and a second hit before the brain heals can cause longer recovery, lasting problems with memory and learning, and, in rare cases, dangerous brain swelling or death.

SIGNS AND SYMPTOMS

WHAT OTHERS MAY SEE	WHAT THE PLAYER MAY FEEL
Looks dazed or stunned	Headache or "pressure" in the head
Confused about the play, score or opponent	Nausea or vomiting
Moves clumsily or loses balance	Dizziness or balance problems
Answers questions slowly	Blurry or double vision
Loses consciousness, even briefly	Bothered by light or noise
Mood, behavior or personality changes	Feeling sluggish, foggy or groggy
Can't remember what happened before or after the hit	Trouble concentrating or remembering
	Just "not feeling right"

DANGER SIGNS: CALL 911

Get emergency help right away if a player has any of these after a hit:

- One pupil larger than the other
- Drowsiness or can't be woken up
- A headache that gets worse and won't go away
- Slurred speech, weakness, numbness or decreased coordination
- Repeated vomiting, convulsions or seizures
- Unusual behavior, increasing confusion, restlessness or agitation
- Loss of consciousness

WHAT SDYS WILL DO

- 1 Remove the player right away.** Any player suspected of a concussion or head injury sits out for the rest of the day. No exceptions, even if they say they feel fine.
- 2 Notify you.** We'll tell a parent or guardian the time and date of the injury, the symptoms we saw and any first aid given.
- 3 Require an evaluation.** The player can't return to any SDYS activity until a licensed health care provider has evaluated them and SDYS receives written clearance from that provider.
- 4 Require a gradual return.** If the provider confirms a concussion or head injury, the player must complete a graduated return-to-play plan of at least 7 days, supervised by a licensed health care provider, before full play.

RETURNING TO SCHOOL AND PLAY

Recovery usually comes back in steps: school first, then sports. Players should be back at school without symptoms before starting the return-to-play steps. A typical return-to-play plan looks like this, with each step lasting at least 24 hours and the player moving on only if symptoms don't return:

- 1** Normal daily activities that don't bring on symptoms
- 2** Light aerobic activity, like walking or a stationary bike
- 3** Moderate activity, like jogging or brief running, with no head contact
- 4** Heavy non-contact activity, like sprinting and non-contact drills
- 5** Practice with full contact
- 6** Return to games

If symptoms come back at any step, the player stops and checks in with their health care provider. Your provider sets the actual plan; this list is only an example.

PART 2: SUDDEN CARDIAC ARREST

WHAT SUDDEN CARDIAC ARREST IS

Sudden cardiac arrest (SCA) happens when the heart suddenly stops beating effectively, so blood stops reaching the brain and body. It is not a heart attack: a heart attack is a blocked blood flow problem, while SCA is an electrical problem. Without help, a person in SCA can die within minutes. Fast action with CPR and an AED can save a life.

HEART CONDITIONS AND THEIR POTENTIAL CONSEQUENCES

SCA in young athletes is rare, but it is a leading cause of death in young athletes during sports. It's usually caused by a heart condition the family didn't know about, such as:

- A thickened heart muscle (hypertrophic cardiomyopathy)

- Problems with the heart's electrical system (such as long QT syndrome)
- Heart arteries that formed in an unusual way
- Inflammation of the heart muscle, sometimes after a viral illness (myocarditis)
- A hard blow to the chest at exactly the wrong moment in the heartbeat (commotio cordis)

Many of these conditions can be found and treated. Tell your child's doctor about any warning signs below and any family history of heart problems.

WARNING SIGNS TO REPORT RIGHT AWAY

These can happen days or weeks before an SCA. Tell your coach and your doctor if your player has any of them, especially during or right after exercise:

- **Fainting or passing out**, the most important warning sign
- Chest pain or discomfort
- Unusual shortness of breath
- A racing, pounding or skipping heartbeat
- Dizziness or lightheadedness
- A seizure during exercise or with no known cause
- Getting tired much more easily than teammates

Also tell your doctor if anyone in your family had a sudden, unexplained death before age 50, a known inherited heart condition, or a pacemaker or implanted defibrillator at a young age.

WHAT TO DO IN A CARDIAC EMERGENCY

A player who suddenly collapses and doesn't respond, or isn't breathing normally (including gasping), may be in SCA. Act right away:

- 1 **Call 911.** Send someone to find an AED if one is nearby.
- 2 **Start hands-only CPR.** Push hard and fast in the center of the chest, about 100 to 120 pushes a minute. Don't stop until help arrives or the AED is ready.
- 3 **Use an AED if one is available.** Turn it on and follow the voice prompts. It will only shock if a shock is needed.

WHAT SDYS WILL DO

- 1 **Remove the player.** Any player who faints, or shows warning signs of a heart problem during or right after activity, is removed from play.
- 2 **Notify you.** We'll tell a parent or guardian the time and date, the symptoms we saw and any first aid given.
- 3 **Require clearance.** The player can't return to any SDYS activity until a licensed health care provider has evaluated them and SDYS receives written clearance from that provider. If the provider suspects a heart condition, the player stays under the provider's care for follow-up testing until cleared to play.

PART 3: OUR COMMITMENTS AND YOUR PLAYER'S PLEDGE

WHAT SDYS COMMITS TO

- Every coach and league administrator completes concussion and sudden cardiac arrest training before supervising players.
- We share this sheet with every family each season and post it on our website.
- We follow the removal, parent notice and written-clearance rules in Parts 1 and 2 every time.

WHAT WE ASK OF FAMILIES

- Keep your contact info current in TeamSnap so we can reach you fast.
- Tell us about any health condition, past concussion or heart warning sign.
- Never pressure a player to keep playing after a hit or while feeling sick, dizzy or short of breath.
- Bring the written clearance from your provider before your player returns.

PLAYER PLEDGE

Read this with your player:

I know that hitting my head can hurt my brain, and that fainting or chest pain during sports can mean my heart needs to be checked. I will tell my coach or my parent right away if I hit my head, feel dizzy, get a headache, feel sick, have chest pain, or have trouble breathing. I will tell a coach if I think a teammate is hurt. I won't hide it to keep playing.

ACKNOWLEDGMENT

By signing, we confirm that we received and read this information sheet together, that we understand the removal and return-to-play rules, and that we'll report any concussion symptoms or heart warning signs right away. California law requires the player's signature too, unless the player is 6 or younger, so players 7 and older must sign. During online registration, typed names count as signatures.

Player's full name

Player's signature (age 7 and older)

Parent or guardian's full name

Parent or guardian's signature

Date

Questions? Email info@sdyouthsports.com.

LEARN MORE

- CDC HEADS UP, concussion in youth sports: cdc.gov/heads-up
- Eric Paredes Save A Life Foundation, youth heart screenings: epsavealife.org
- American Heart Association, hands-only CPR: cpr.heart.org
- California Department of Education, sudden cardiac arrest prevention: cde.ca.gov
- California Health and Safety Code §124235: leginfo.legislature.ca.gov