

**WILLIAM PATERSON UNIVERSITY Club Sports  
CONCUSSION INFORMATION WAIVER FORM**

William Paterson University requests that all club sports participants sign a statement where they acknowledge, understand, and accept the responsibility for reporting any/all signs and symptoms of a concussion to the William Paterson University Counseling Health & Wellness Center.

A concussion is described as a violent shaking or jarring action to the brain, usually as a result of impact with a person, object or ground. A concussive head injury can result in acute clinical symptoms and typically results in a functional disturbance and/or impairment. A concussion may or may not involve loss of consciousness, but physical, cognitive and emotional symptoms may be present.

If you have suffered a head injury during competition or practice, the symptoms of a concussion can present themselves or worsen as time passes. Here are some of the signs and symptoms that may indicate you have sustained a concussion:

- If your mild headache intensifies (gets worse)
- You have developed a headache and it becomes more intense in time
- Restless, irritable, or drastic change in emotional control
- Mental confusion or disorientation that gets progressively worse
- Memory loss or memory problems
- Feeling “dazed” or “in a fog”
- Loss of appetite
- Drowsiness, lethargy or increased sleepiness
- Unequal pupils or dilated pupils
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Ringing in the ears
- Bleeding and/or clear fluid from nose or ears
- Persistent or increasing nausea and/or vomiting
- Change in breathing patterns
- Dizziness or unsteadiness when walking or standing
- Difficulty speaking or slurring of speech

I agree to inform the William Paterson University Counseling Health & Wellness Center when I have experienced signs and symptoms of a concussion during the academic year.

**My signature below indicates that I have read this entire document, understand it completely and agree to be bound by its terms.**

Date \_\_\_\_\_

Printed name \_\_\_\_\_

Signature \_\_\_\_\_