



## Concussion Policy and Protocol

### Assembly Bill No. 2007

Assembly bill No. 2007 requires all youth sports organizations to offer concussion and head injury education, or related materials, or both, to each of their coaches and administrators on a yearly basis. The bill also requires each of these coaches to successfully complete the concussion and head injury free online course offered by the CDC: <https://www.cdc.gov/HeadsUp/>, at least once.

All coaches will receive:

- A certificate that they completed the online course
- A concussion fact sheet for coaches
- Heads up action plan
- Parent/athlete concussion information sheet.
- Signs and symptoms checklist

1. All coaches will hand out to parents and athletes who are engaging in a before/after school athletic program The Parent and Athlete Concussion Information Sheet. This must be done annually.

2. A concussion fact sheet may be put up on the coaches' website if available to the coach.

3. All coaches will speak with athletes about the dangers of a concussion and the importance of reporting any injury to the head or jolt to the body.

4. Any athlete who is believed to have or has reported any type of injury involving the head or severe jolt to the body during practice or a game will be removed from play right away. Contact the parent to pick up the athlete.

5. If you suspect an athlete may have a concussion remove the athlete from play: When in doubt, sit them out.



6. After the athlete has been removed from play, the student will be observed for any signs or symptoms of a concussion during the time it takes to contact the parent and for the parent to arrive to pick up the athlete. The “sign and symptom checklist” form, can be utilized for this purpose
7. When parents arrive to pick up the athlete, if utilized, give the parent the sign and symptom checklist or inform them of any signs or symptoms you noticed so that they may inform their health care provider.
8. An athlete MAY NOT return to play until cleared by a health care professional and the physician must include information about when the athlete can return to play.
9. If a student reveals to the coach that they hit their head during the game or at practice or are exhibiting signs and symptoms of a possible concussion then the same protocols apply: remove from play, parent is contacted and student may not return to play until cleared by a physician.