

On The Alert!

Date: July 25, 2016
Attention: ASCIP Members
Affected Department: Athletic staff
Applicability: K-12 Districts and Community College Districts

Concussion Rules

The Centers for Disease Control and Prevention (CDC) defines a concussion as a type of brain injury caused by a bump, blow, or jolt to the head that changes the way the brain normally works. Concussions can also occur from a fall or blow to the body that causes the head and brain to move rapidly back and forth.

Over the years, the risks of incurring a concussion while engaging in athletic activities has been given greater scrutiny. Athletes are strongly encouraged to seek medical treatment immediately when a concussion has occurred and must have clearance from a licensed health care provider prior to returning to play.

Education Code Section 49475 requires that any school district offering an athletic program(s) shall comply with both of the following:

- 1) An athlete who is suspected of sustaining a concussion or head injury in an athletic activity shall be immediately removed from the athletic activity for the remainder of the day, and shall not be permitted to return to the athletic activity until he or she is evaluated by a licensed health care provider. The athlete shall not be permitted to return to the athletic activity until he or she receives written clearance to return to the athletic activity from a licensed health care provider. If the licensed health care provider determines that the athlete sustained a concussion or a head injury, the athlete shall also complete a graduated return-to-play protocol of no less than seven days in duration under the supervision of a licensed health care provider. The California Interscholastic Federation is urged to work in consultation with the American Academy of Pediatrics and the American Medical Society for Sports Medicine to develop and adopt rules and protocols to implement this paragraph.
- 2) On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the athlete and the athlete's parent or guardian before the athlete initiates practice or competition.

*This does not apply to an athlete engaging in an athletic activity during the regular school day or as part of a physical education course required pursuant to subdivision (d) of Section 51220.

Community College Districts should also adopt a concussion management program similar to K-12 districts to prevent, assess, and treat sports-related concussions. The California Community College Athletic Association (CCCAA) provides some useful tools:

[Concussion Management - A Fact Sheet for Coaches](#)
[Concussion - A Fact Sheet For Student-Athletes](#)

Athletic directors and staff should familiarize themselves with the signs and symptoms of concussions and work to develop a concussion reporting policy and procedure.

Additional Link – Centers for Disease Control and Prevention Fact Sheet for School Professionals:

<http://www.cdc.gov/headsup/schools/teachers.html>

Please contact your ASCIP's risk services consultant at (562) 404-8029 to discuss further.