



November 15, 2019

TO: SISC Member Districts
FROM: Robert Kretzmer, Director
SUBJECT: Concussion Education & Protocols

The concern of concussions in sports activities has been highly publicized in professional sports. This concern also exists in organized sports for all school levels and has been the impetus for a number of enacted pieces of legislation to protect individuals suspected of sustaining a concussion and to provide a higher standard of safety for athletes. Legislation effective January 1, 2017 includes organized sports programs to adhere to changes in Health and Safety code. Below we have identified pertinent sections of California Education Code and Health and Safety Code, in addition to some resources districts can access to comply with the regulations.

California Education Code Article 5, District Medical Service and Insurances, reads as follows:

- (a) If a school district, charter school, or private school elects to offer an athletic program, the school district, charter school, or private school 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. 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 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.
 - (3) As used in this section "licensed health care provider" means a licensed health care provider who is trained in the management of concussions and is acting within the scope of his or her practice.
 - (4) This section does not apply to an athlete engaging in athletic activity during the regular schoolday or as part of a physical education course required pursuant to subdivision (d) of Section 51220.

Assembly Bill 2007 McCarty was signed by the Governor on September 26, 2016. The Act adds Article 2.5 (commencing with Section 124235) to Chapter 4 of Part 2 of Division 106 of the Health and Safety Code. The Act mirrors provision of Education Code cited above to youth sports organizations. These organizations are defined "to include organizations, businesses, nonprofit entities or local governmental agencies that sponsor or conduct amateur sports competitions, training camps, or clubs in which persons 17 years of age or younger participate in any of the designated sports". It also requires youth sports organization to notify the parents or guardians of athletes 17 years of age or younger who have been removed from athletic activities due to suspected concussions. The Act requires youth sports organizations to offer concussion and head injury education and/or education materials to coaches and administrators and to all persons participating in the activities, irrespective of their ages, on a yearly basis.

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A Joint Powers Authority administered by the Kern County Superintendent of Schools Office, Mary C. Barlow, Superintendent

Health and Safety Code section 124235, requires a youth sports organization that offers an athletic program to comply with similar requirements as education code cited above. To access this section of Health and Safety code, visit https://leginfo.ca.gov/faces/codes_displayText.xhtml?lawCode=HSC&division=106.&title=&part=2.&chapter=4.&article=2.5.

There are a number of resources available to Districts to comply with the training, informational handouts and information sheets for athlete and parent signatures, including:

California Interscholastic Federation
<http://www.cifstate.org/sports-medicine/concussions/index>

Centers for Disease Control, HEADS UP to School Sports
<https://www.cdc.gov/headsup/highschoolsports/index.html>

National Federation of State High School Associations, Concussions in Sports
<http://nfhslearn.com/courses/38000>