

5340.01 - CONCUSSIONS AND ATHLETIC ACTIVITIES

Prior to Participation

Before a youth athlete may participate in an athletic activity sponsored by or operated under the auspices of the District, all of the following must occur:

- A. All coaches, employees, volunteers, and other adults who are involved with the participation of youth athletes in the athletic activity must have completed the concussion awareness training program as developed and made available by the state Department of Community Health (DCH).
- B. Each youth athlete who participates in an athletic activity and a parent or guardian of the youth athlete must be provided educational materials on the risks of concussions, as developed by the DCH.
- C. A signed receipt for the materials described in B. above must be obtained from the youth athlete and a parent/guardian.

The signed receipts shall be maintained in a permanent file for as long as the youth athlete continues to participate in athletic activities sponsored by or operated under the auspices of the District or until s/he turns 18. The materials and receipt requirement will not be necessary for participation in additional athletic activities. Redistribution and a new signed receipt will only be required if the DCH issues updated materials with new risks associated with concussions or if the DCH requires more frequent distribution. These signed receipts shall be made available, upon request, to the DCH.

During Participation

Each coach or other adult employed by, volunteering for, or otherwise acting on behalf of the District shall:

- A. Immediately remove from physical participation in an athletic activity a youth athlete who is suspected of sustaining a concussion during the athletic activity.
- B. Not allow a youth athlete who has been removed from physical participation in an athletic activity for suspected concussion to return to physical activity until s/he has been evaluated by an appropriate health professional and received written clearance authorizing the physical participation in the athletic activity.

The District shall maintain the written clearances in a permanent file for the duration of that youth athlete's participation in athletic activity sponsored by or operated under the auspices of the District or until s/he turns eighteen (18). The written clearances shall be made available, upon request, to the DCH.

These protocols do apply to programs or events sponsored by or operated under the auspices of the District where the primary focus is not participation in an organized athletic game or competition, but such participation is only incidental to the primary focus of the program or event.

Definitions:

- A. "*Appropriate health professional*" means a health professional who is licensed or otherwise authorized to engage in a health profession under state law and whose scope of practice within that health profession includes the recognition, treatment, and management of concussions.

- B. "*Athletic activity*" means a program or event, including practice and competition, during which youth athletes participate or practice to participate in an organized athletic game or competition against another team, club, entity, or individual. **Athletic activity includes participation in physical education classes that are part of a school curriculum.**

- C. "*Concussion*" means a type of traumatic brain injury as recognized by the Centers for Disease Control and Prevention. A concussion may cause a change in a person's mental status at the time of the injury, including, but not limited to, feeling dazed, disoriented, or confused, and may or may not involve a loss of consciousness. A concussion may be caused by any type of accident or injury including, but not limited to, the following:
 - 1. a fall

 - 2. a blow, bump, or jolt to the head or body

 - 3. the shaking or spinning of the head or body

 - 4. the acceleration and deceleration of the head

"Youth athlete" means an individual who participates in an athletic activity and who is under eighteen (18) years of age.

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