



## Concussion Policy

### Purpose

The Concussion Policy is intended to protect the health and safety of participants in District youth athletic team programs and comply with Oregon Senate Bill 721 by providing concussion training and information to coaches, officials, parents, and participants.

### Senate Bill 721 Requirements

The major points from 2013 Oregon Senate Bill 721 as it relates to the policy include:

- Applies to non---school athletic teams that provide instruction or training for team members who are under 18 years of age.
- Requires coaches and referees receive annual training to learn how to recognize the symptoms of a concussion and how to seek proper medical treatment for a person suspected of having a concussion.
- Requires that the parents and legal guardians of participants, and participants who are 12 years and older, acknowledge receiving and reviewing guidelines and materials to inform and educate them about the symptoms and warning signs of concussion.
- Adopts protocols that do not allow a participant to participate in an athletic event or training on the same day that the participant exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or has been diagnosed with a concussion. In the event of either suspected or diagnosed concussions, the participants may not participate in an athletic event or training until they no longer exhibit signs, symptoms, and behaviors consistent with a concussion and receive a medical release from a health care professional.

### Scope of Policy

This policy applies to all youth athletic teams and leagues offered by the District that include participants who are under 18 years of age. It applies to parents, participants, referees, and coaches (both paid and volunteer)

### Critical Steps

The District recognizes three critical steps in the implementation of the Concussion Policy:

1. **Educate Coaches, Officials, Parents and Participants:** Inform and educate coaches, participants and their parents and guardians about concussions through training and information materials.
2. **Remove Athlete from Play:** A participant who shows signs, symptoms or behaviors consistent with concussion is to be removed from play right away.
3. **Obtain Permission to return to Play:** A participant can only return to practice or play after they have received a medical release form from a health care professional.



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### **Protocol**

The District shall use the following protocol for handling suspected concussions:

1. A coach may not allow a participant to participate in any athletic event or training on the same day that the participant:
  - a. Exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body; or
  - b. Has been diagnosed with a concussion
2. A coach may not allow a participant who is prohibited from participating in an athletic event or training to participate in an athletic event or training no sooner than the day after the member experienced a blow to the head or body and only after the member:
  - a. No longer exhibits signs, symptoms or behaviors consistent with a concussion; and
  - b. Receives a medical release form from a health care professional.
- c. A referee may not allow a participant to participate in any athletic event during which the participant exhibited signs, symptoms or behaviors consistent with a concussion following observed or suspected blow to the head or body.

### **Training and Education**

1. The District shall provide a require annual training to all paid and volunteer coaches and referees for youth team sport programs on how to recognize the symptoms of a concussion and how to seek proper medical treatment for a person suspected of having a concussion. Concussion trainings may be conducted at pre---season coaches' orientations, through on--- line education/training opportunities and through written information sheets (such as the CDC Heads Up Concussion Fact Sheet for Coaches).
2. The District shall require that all referee associations that the District contracts with for youth sport leagues provide concussion training compliant with Senate Bill 721.
3. The District shall provide parents or legal guardians of participants under 18 years of age with informational materials (such as the CDC Parent/Athlete Concussion information Sheet) that inform and educate them about the symptoms and warning signs of a concussion at the time of registration for each season. Registration for the program will not be completed without acknowledgement of receipt and review of this information by the parent or legal guardian of the participant (and, if the participant is 12 years of age or older, their acknowledgement that the participant has reviewed). A copy of the informational material will also be included on the District website. Additionally, informational material will be normally be handed out by coaches to parents/participants with other program at the beginning of the season.

### **References and Resources:**

Senate Bill 721  
CDC Parent/Athlete Concussion Information Sheet  
CDC Concussion Fact Sheet for Coaches