



# Concussion requirements---protocol and training

Thursday, April 12, 2018

**California** has modified existing school concussion law to apply the concussion requirements to youth sports organizations in which athletes participate, including swimming.

1. The law requires that a youth athletic program must immediately remove an athlete from an athletic activity for the remainder of the day, if the athlete is suspected of sustaining a concussion or head injury , and prohibit the athlete from returning to the activity until the athlete is evaluated by a licensed health care provider, trained in the management of concussions, and acting within the scope of his or her practice. The athlete must receive written clearance from the licensed health care provider to return to the athletic activity. If the athlete is diagnosed with a concussion, they must go through a graduated return to play protocol of no less than seven days under the supervision of a licensed health care provider. Youth sports organizations must also notify the parents or guardians of athletes 17 or younger who have been removed from athletic activities due to suspected concussions.
2. Coaches and administrators must successfully complete the concussion and head injury education required under the bill at least once either online or in person. Either of the following courses from CDC or NFHS will satisfy the requirements. Coaches and administrators must keep evidence of passing these courses to provide to your LSC.  
  
[CDC Concussion Course](#)  
[NFHS Concussion Course](#)
3. Youth sports organizations must also give a concussion and head injury information sheet to each athlete. The Concussion Acknowledgment Form shall be signed and returned by the athlete and, if the athlete is 17 years of age or younger, shall also be signed by the athlete's parent or guardian, before the athlete initiates practice or competition. The Concussion Acknowledgment Form attached below may be sent and returned through an electronic medium including, but not necessarily limited to, fax or electronic mail.

[Concussion Information Sheet for Parents and Swimmers](#)

USA Swimming has also developed concussion and head injury education materials for coaches and administrators. Attached is a concussion at the pool checklist for coaches, officials, and parents.

[Concussion at the pool Checklist](#)

**These requirements will also apply to out of state coaches whose swimmers are attending meets in California.**

**Concussion info and acknowledgement forms --fillable**  
[concussion-info-sheet-for-parents-and-swimmers with form.pdf](#)



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**Send a copy of the CERTIFICATE to:**  
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