



# CONCUSSIONS AND HEAD INJURIES POLICY

A new concussion law in California was enacted on January 1st, 2017. It is an amendment of a previous law that covered high school athletes that now covers all athletes under the age of 18. Its' purpose is to provide specific safety protocols in order to protect athletes from injury.

Currently, in California, an athlete suspected of having a concussion, must be removed from play for the rest of the day or until evaluated by a licensed health care provider. The athlete may not return to athletic activity until they receive written clearance by a licensed health care provider. If an athlete is diagnosed with a concussion, he or she must go through a graduated return to play protocol of no less than seven days under the supervision of a licensed health care provider. This is not a new to many Athletic Trainers and Physicians but may seem new to the general public. The gradual return is a step by step process to ensure a safe return and starts with light aerobic exercise progressing through sport-specific exercises under the guidance of qualified personnel.

The new law aims at making sports safer by using education and preparation in regards to the signs and symptoms of concussion as well as proper management and return to play protocols. The law provides that educational material must be provided to all athletes, coaches, and parents on a yearly basis.

## **Players and Parents/Guardians**

Pursuant to Article 2.5 (commencing with Section 124235) of Chapter 4 of Part 2 of Division 106 of the Health and Safety Code, before an athlete may participate in any Davis Legacy sanctioned activity, the athlete and his or her parent/guardian must review and execute a Concussion and Head Injury Information Sheet (CHIS). The CHIS you execute will be good for one calendar year. Your electronic signature on Davis Legacy's CHIS will occur as part of the program registration process.

## **Coaches and Directors of Coaching**

It is the policy of Davis Legacy Soccer Club that each coach and director on an annual basis take an approved online training course regarding concussions and head injuries and shall abide by the requirements below:

If an athlete is suspected of sustaining a concussion or head injury during any Davis Legacy activity, the athlete shall be immediately removed from the activity. The athlete will not be allowed to resume any participation in the activity, or any other Davis Legacy activity, until he or she has been evaluated, and receives written clearance from, a licensed health care provider. By California law, there can be no exceptions to this medical clearance requirement. In addition, if the medical care provider determines the athlete suffered a concussion or a head injury, the athlete shall complete a graduate return-to-play protocol of no less than seven (7) days in duration under the supervision of a licensed health care provider.

Depending on the circumstances of a particular training session or game, a supervising referee, coach/assistant coach, athletic trainer, or attending health care provider may determine that an athlete should be removed from an activity based on a suspected or potential concussion or head injury. The following guidelines will be used: (1) in the case of an actual or perceived loss of consciousness, the student must be immediately removed from the activity; (2) in all other cases, standardized concussion assessment tools (e.g. Sideline Concussion Assessment Tool (SCAT-II), Standardized Assessment of Concussion (SAC), or Balance Error Scoring System (BESS) protocol) will be used as the basis to determine whether the athlete should be removed from the activity. For the safety and protection of the athlete, once one of the individuals described above makes a determination that an athlete must be withdrawn from activity due to the potential existence of a concussion or head injury, **no other coach, player, parent or other involved individual may overrule this determination.**

Once an athlete is removed from an activity, the parent/guardian should promptly seek an evaluation by a licensed health care provider even if the athlete does not immediately describe or show symptoms of a concussion (headache, pressure in the head, neck pain, nausea/vomiting, dizziness, blurred vision, sensitivity to light/sound, feeling "slow"/"foggy," difficulty with balance, concentration, memory, confusion, drowsiness, irritability, emotionality, anxiety, nervousness, or falling asleep).

If a parent/guardian is not immediately available to make health care decisions, Davis Legacy reserves the right to take the athlete to an emergency/urgent care provider for evaluation or treatment in keeping with the medical care authorization contained in the registration for Davis Legacy participation.