



ATTENTION COACHES



New Concussion Policy

On May 19, 2011, Governor O'Malley signed into law "Education—Public Schools and Youth Sports Programs—Concussions" to protect the state's student-athletes from the dangers of a concussion—a **medical condition which can cause permanent harm**. This law, now supported with the Maryland State Department of Education (MSDE) concussion policy, applies to youth sports programs organized for recreational athletic competition or instruction for participants under the age of 19.

While most of the bill focuses on school sponsored programs, it also includes provisions for community groups.

Effective July 1, 2011, the law requires: "Youth sports programs seeking to use school facilities must verify distribution of concussion information to parents or guardians and receive verifiable acknowledgement of receipt. In addition, each youth sports program will annually affirm to the local school system or agent of their intention to comply with the concussion information procedures."

This provision applies to instructional and competitive youth athletic groups scheduled through CUPF. Look for the following statement in CUPF Permits issued after 1/1/12 which affirms your intent to comply with every time you request school or park use: "**By accepting this permit I agree to comply with all applicable provisions of the MSDE Policies and Programs on Concussions for Public Schools and Youth Sports Programs and affirm that youth and parents/guardians will be provided concussion information.**"

Please see important information on other side >>>

In addition to retaining documentation demonstrating your compliance with distribution of this information, coaches or sport activity leaders are encouraged to complete one of the State recommended on-line training programs and use the many forms and hand-outs available in the MSDE policy and USDHHS Centers for Disease Control and Prevention (CDC) web site. Program organizers are advised to retain documentation of coaches' training and parent notifications in their records. To help you meet this requirement links to the CDC resources are listed below:

Main CDC Concussion link: <http://www.cdc.gov/concussion/sports/index.html>
Youth Sports Page: <http://www.cdc.gov/concussion/HeadsUp/youth.html>
Coach Handout: http://www.cdc.gov/concussion/pdf/Coach_Guide-a.pdf
Parent/Guardian Fact/Acknowledgement Sheet:
[http://www.cdc.gov/concussion/headsup/pdf/Parent Athlete Info Sheet-a.pdf](http://www.cdc.gov/concussion/headsup/pdf/Parent_Athlete_Info_Sheet-a.pdf)



Free On-line CDC Training Class (Click on HEADS UP icon)

http://www.cdc.gov/concussion/HeadsUp/online_training.html

Completion of this 30-minute class (also available in Spanish) is mandatory for all Montgomery County Recreation Department (MCRD) coaches, who must submit a copy of the completion certificate to MCRD. All non-MCRD coaches should keep completion certificates and Parent Acknowledgement Forms for their own records.

Even if you are not sponsoring a competitive or instructional activity with the risk of physical contact between players, it is still a good idea to be informed. Sports with the highest risk include basketball, soccer, and football.

Other best practices include:

- **Require coaches/volunteers to complete an on-line Concussion Training Course.**
- **Immediately remove youth athletes from play (game or practice) if you think they may have sustained a concussion; require clearance from their doctors before the youth may be returned to play.**
- **Require all coaches/activity leaders to inform their athletes' parents or guardians about the potential of concussion injuries during an activity and provide them with a fact sheet about concussions in conjunction with your notification.**
- **Provide youth and parents/guardians information at time of registration, and document that this information was provided.**
- **Have information about the signs and symptoms of concussion at EVERY event where a head injury is possible.**
- **Follow appropriate safety protocols whatever the activity.**



Want More Information?

Maryland Department of Education Policies and Programs on Concussions for Public Schools and Youth Sports Programs: http://www.marylandpublicschools.org/NR/rdonlyres/FCB60C1D-6CC2-4270-BDAA-153D67247324/29630/MSDEPoliciesProgramsConcussions2011_2.pdf

Senate Bill 771: <http://mlis.state.md.us/2011rs/billfile/sb0771.htm>

House Bill 858: http://mlis.state.md.us/2011rs/chapters_noln/Ch_549_hb0858E.pdf

