

STATE LAW REQUIREMENTS FOR CONCUSSION CARE

AB 588 Sect.1 49475 of the CA Ed. Code Requires:

“A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day”

And

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussions and received written clearance to return to play from that health care provider”

AB 2127 Requires:

“Return to play cannot be sooner than 7 days after evaluation by a Physician (MD/DO) who has made the diagnosis of concussion”

CONCUSSION REFERRAL PROTOCOL

I. If a concussion is suspected, the student-athlete will be referred to a physician (MD/DO) for further evaluation. Parents will be given the CIF Acute Concussion Notification Forms and will also be available on the CIFSDS website.

II. The physician will provide written documentation which may:

- a. Confirm diagnosis of a concussion and establish a date of Return to Play (RTP).
- b. Confirm diagnosis of a concussion and request further evaluations to determine date of RTP.
 - i. In either case stated above, date of return will establish the earliest date at which the CIF Concussion Return to Play Protocol can begin. RTP will follow CIF concussion return to play protocol.
- c. Rule out concussion, clear athlete to return to play without limitations.
 - i. Gradual RTP can still be required and is at the discretion of the Certified Athletic Trainer.

III. Final clearance shall be determined by the treating physician.

RETURN TO PLAY PROTOCOL

1. CIF Concussion Return to Play Protocol shall be from the date of diagnosis, not the date of injury.
2. RTP Protocol cannot begin until student- athlete is symptom free for 48 hours.
3. Each stage of the gradual return to play must be supervised and signed by an identified monitor.

ACADEMIC ACCOMMODATIONS

During the exam, the physician can provide recommended school accommodations. These accommodation requests will be completed and returned to the student- athlete’s academic supervisor.

These recommendations should be evaluated and possibly formed into an appropriate 504 Plan.

If a 504 accommodation plan is not needed, students and teachers can follow the CIF concussion return to learn protocol.

PRE-SEASON PROTOCOL

All student-athletes and their guardians will sign and return the CIF Concussion Release Form annually.

It is recommended that student-athletes complete a baseline screening bi-annually. Options for screening include:

- CIF Graded Concussion Symptom Checklist
- ImPACT or Neurocognitive Testing
- SCAT 5
- SAC Test

SUBSEQUENT CONCUSSIONS

If a student-athlete receives more than one concussion within a calendar year, referral to a neurologist will be requested and written documentation of neurological examination will be required.

CHECKLIST

- Concussion information sheet
- Acute concussion notification form for Parents/ Guardians
- Graded symptom checklist for coaches and administration
- Physician letter to school
- Concussion return to learn (RTL)
- Physician recommended school accommodations following concussion
- Concussion Return to Play (RTP) protocol

RESOURCES

CDC- Heads Up : Concussion in High School Sports

Coaches Concussion Fact Sheet

STUDENT- ATHLETE HEALTH AND SAFETY:

EVERY SCHOOL'S
RESPONSIBILITY FOR
CONCUSSION
MANAGEMENT AND
TREATMENT

