

Concussion Awareness Program for Youth Athletes

In an effort to increase awareness of concussion symptoms, reduce the potential for both short and long-term impact in young athletes and comply with Minnesota State Statute 121A.37-38, the City of Moorhead will require all youth sports participants, parents, coaches, league officials and youth sports program administrators to participate in a program aimed at prevention, recognition and response to concussions. The primary goals of the program will include:

- Increasing awareness and knowledge about concussions and concussion prevention
- Providing information related to the signs and symptoms of concussion and recognizing this injury among young athletes
- Requiring that officials and coaches take the appropriate steps to respond to suspected concussion, and;
- Educating program administrators, coaches, officials, parents and athletes about concussion.

Requirements for ALL participants in Youth Sports Programs

Sports Officials:

- All youth sports officials will complete a training session related to concussion prevention and awareness consistent with the *Heads Up: Concussion in Youth Sports* training program developed by the CDC. Training will be required prior to any officiating assignment after 9/1/11, and at least every three years thereafter.
- Sports officials will be required to remove a player from a sports contest if the athlete exhibits signs, symptoms or behaviors consistent with a concussion, or if the athlete is suspected of sustaining a concussion.

Youth Sports Coaches:

- All youth sports coaches will complete a training session related to concussion prevention and awareness consistent with the *Heads Up: Concussion in Youth Sports* training program developed by the CDC. Training will be required prior to any coaching assignment after 9/1/11, and at least every three years thereafter.
- Youth sports coaches will be required to remove a player from a sports contest if the athlete exhibits signs, symptoms or behaviors consistent with a concussion, or if the athlete is suspected of sustaining a concussion.

When a coach or sports official removes a player from participating in an athletic contest because of a concussion or suspected concussion, the athlete may not participate in the activity until:

- He or she no longer exhibits signs, symptoms and/or behaviors consistent with concussion, **AND**
- Is evaluated by a healthcare provider trained and experienced in evaluating and managing concussions, **AND**
- The healthcare provider gives the young athlete written permission to resume activity.

Parents of Youth Sports Participants:

- Each youth sports participant will be required to return a form from a parent or guardian indicating that the parent/guardian has received information related to concussions and acknowledges the risks.

Youth Sports Program Administrators:

- Youth sports administrators will be required to complete a training session related to concussion prevention and awareness consistent with the *Heads Up: Concussion in Youth Sports* training program developed by the CDC. Training will be required prior to 9/1/11, and at least every three years thereafter.
- Youth sports program administrators will be responsible for providing information related to concussion awareness for youth sports participants and their parents/guardians prior to each sports season.
- Youth sports program administrators will work to support volunteer coaches in the appropriate management of youth sports participants regarding removal from sports contests and return to activity.

Affiliated Groups:

ALL youth sports organizations using/renting space from the City of Moorhead to conduct youth sports programs will be required to demonstrate full compliance with all provisions of this policy and a concussion prevention and awareness program.

Background information and participation data provided by the Centers for Disease Control and Prevention (CDC).

For additional information about concussion prevention, awareness and symptom recognition, go to: http://www.cdc.gov/concussion/HeadsUp/online_training.html.