



ACT 58 CONCUSSIONS IN YOUTH SPORTS

A Vermont School Administrators Guide

WHAT IS ACT 58 AND WHAT DOES IT REQUIRE AN SCHOOL ADMINISTRATOR TO DO?

ACT 58 OF 2011 (sections 39-41) IS A NEW VERMONT LAW (16 V.S.A. *1431) THAT WENT INTO EFFECT ON JULY 1, 2011.

IT REQUIRES ALL SCHOOLS (K - 12) TO EDUCATE THEIR COACHES, YOUTH ATHLETES AND PARENTS/GUARDIANS REGARDING THE PREVENTION AND TREATMENT OF CONCUSSION-RELATED INJURIES.

PRINCIPALS AND HEADMASTERS OF EACH PUBLIC AND APPROVED INDEPENDENT SCHOOL IN VERMONT SHALL INSURE THAT:

A) INFORMATION CONCERNING THE PREVENTION AND TREATMENT OF CONCUSSION-RELATED INJURIES BE PROVIDED ANNUALLY TO EACH STUDENT ATHLETE AND THE ATHLETE'S PARENTS/GUARDIAN(S). A FORM ACKNOWLEDGING RECEIPT OF THE INFORMATION IS REQUIRED AND IT MUST BE RETURNED TO THE SCHOOL PRIOR TO THE STUDENT'S PARTICIPATION IN PRACTICE OR COMPETITIONS.

B) EVERY COACH OF A SCHOOL ATHLETIC TEAM WILL RECEIVE TRAINING NO LESS FREQUENTLY THAN EVERY TWO YEARS ON HOW TO RECOGNIZE THE SYMPTOMS OF A CONCUSSION OR OTHER HEAD INJURY. COACHES MUST RECEIVE THIS TRAINING PRIOR TO THE BEGINNING OF HIS/HER SPORTS SEASON.

C) A COACH SHALL NOT PERMIT A YOUTH ATHLETE TO TRAIN OR COMPETE WITH A SCHOOL ATHLETIC TEAM IF THE ATHLETE HAS BEEN REMOVED OR PROHIBITED FROM PARTICIPATING IN A PRACTICE OR GAME DUE TO SYMPTOMS OF A HEAD INJURY UNTIL THE ATHLETE HAS BEEN EXAMINED AND THE SCHOOL RECEIVES WRITTEN PERMISSION FROM A HEALTH CARE PROVIDER TRAINED IN THE EVALUATION AND MANAGEMENT OF CONCUSSIONS AND OTHER HEAD INJURIES.

THESE REQUIREMENTS ARE ONLY APPLICABLE TO SCHOOL SPONSORED TEAMS. ACT 58 IS NOT APPLICABLE TO SUMMER LEAGUE TEAMS OR RECREATION TEAMS THAT USE SCHOOL FACILITIES.

WHAT RESOURCES ARE AVAILABLE TO ME?

VPA, VT DOE, VT Dept. of Health and the Brain Injury Assoc. of VT (BIAVT) all have information available to you.

Center for Disease Control (CDC) and the National Federation of State High School Associations (NFHS) have videos and written information available to you.

The local Athletic Director in your high school also can help.

Resources:

1. Coaches education training - there are two videos that we recommend. Both are free and can be done on-line.

a) NFHS "Concussion in Sports: What You Need to Know" (www.nfhslearn.com). 25 minute free video. All VT high school coaches are required to watch this video. Provides a certificate of completion at the end. Also allows schools to purchase (no cost) "bundles" of registrations that you can give to your coaches.

b) CDC "Heads Up" (www.cdc.gov/concussion/HeadsUp/online_training.html) 25 minute free video. No documentation at the end of the course so schools would have to develop a documentation system.

2. Information on concussions - primary source we recommend is the CDC. CDC link is www.cdc.gov/concussion/HeadsUp/youth.html. Resources are free and

3) Return to Play Protocol - Fletcher Allen Concussion Taskforce has issued a RTP protocol that the VPA has endorsed.

4) VPA Sports Medicine page on VPA web site. This page contains information and links to various sites (www.vpaonline.org).

5) Brain Injury Assoc. of VT has various information available on its web site (www.biavt.org).

What Does A School Need To Do To Be In Compliance

1. Provide coaches education (NFHS/CDC course does this)
2. Give written information to parents/guardians and students. (CDC 1 page fact sheets do this)
3. Need to get parent/guardian and student sign-offs stating that they received information from the school.
4. Post concussion information on your school web site (you can link to VPA Sports Medicine page)
5. Develop a process where written permission from an appropriate medical care professional is received and filed.
6. Adopt return to play protocols.