

# Archdiocesan Alabama Concussion Law Guidelines

## Overview

Governor Bentley signed HB 108, the State of Alabama Concussion Law, on June 9, 2011. It requires the governing bodies of each sport or recreational organization to develop guidelines and forms to educate coaches, youth athletes and their parents or guardians of the nature of concussions and brain injury.

In response to this law the Archdiocese will require the following be implemented for each sport team within a parish. High school teams who are members of the Alabama High School Athletic Association will be responsible for their coaches and players. The Catholic Youth Organization (CYO) will facilitate the process for teams within their league.

## Procedures

### *Coaches*

1. Each coach must receive **annual** training to learn how to recognize possible symptoms of concussions and how to seek proper medical treatment.
  1. A link to the Center for Disease Control training is available at

<http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html>

A course certificate is provided for individuals who use this training.

2. An individual with a medical background may also present trainings.
3. Sign in sheets for group trainings can also be downloaded from

<http://www.mobilearchdiocese.org/pages/docs.cfm>

4. Course certificates and/or sign in sheets for trainings must be kept on file for one year.
2. Trainings must be completed before the first team practice and/or competition.
    - a. For teams currently in season this must be completed before January 31, 2012.
  3. All coaches **must** comply with the following section from HB 108:

“A youth athlete who is suspected of sustaining a concussion or brain injury in practice or a game shall be immediately removed from participation and may not

be return to play until the athlete is evaluated by a licensed physician and receives written clearance to return to play from a licensed physician.”

4. Coaches implement the Parent/Athlete Education component.

*Parent/Athlete Education*

1. **Each year** parents and athletes must be given Concussion and Brain Injury Fact sheets which can be downloaded from <http://www.mobilearchdiocese.org/pages/docs.cfm>
2. A parent/guardian and the athlete must sign the Concussion and Brain Injury Notification Form. This must be on file prior to the first practice and/or the first competition.
  - a. For teams currently in season this must be completed before January 31, 2012. 3. Forms should be kept on file for one year.

**Resources**

Located on <http://www.mobilearchdiocese.org/pages/docs.cfm>

1. Archdiocesan Alabama Concussion Law Guidelines
2. Link to Center for Disease Control online training course
3. Sign in sheet for group coach trainings
4. Parent Concussion and Brain Injury Fact sheet
5. Athlete Concussion and Brain Injury Fact sheet
6. Concussion and Brain Injury Notification Form

Originated 01/06/2012