



Minnesota/USA Wrestling

Implementation of MN Session Law, Chapter 90

MN/USA Wrestling is responsible for proper implementation of this legislation as a *“nonprofit organization that organizes a youth athletic activity for which an activity fee is charged.”*

MN/USA Wrestling highly recommends that every youth wrestler and parent should successfully complete the Heads Up: Concussion in Youth Sports course. This course can be accessed at: www.cdc.gov/concussion.

In compliance with State legislation, MN/USA Wrestling shall make information accessible to all coaches, officials, athletes and their parents/guardians about the sport of wrestling and the inherent risk of concussions. Education will focus on recognizing the signs and symptoms of a concussion requiring the immediate withdrawal of the athlete from practice/competition. Evaluation must be made with an appropriate medical professional who can direct treatment and determine if and when the athlete can return to practice/competition. Protocols and treatment guidelines have been developed and are available through the Centers for Disease Control and Prevention. Education handouts can be downloaded at:

<http://www.cdc.gov/concussion/HeadsUP/youth.html>

Under this new law, any coach or official who suspects an athlete (age 18 and under) has experienced or is showing signs of a concussion must remove the athlete from participation. The athlete may not return to participation until a health care provider gives written permission (Note: this provider cannot be the athlete's parent). Listed below are the expectations per the law:

When an athlete is removed from wrestling (practice/competition) due to a concussion, he/she:

1. May not participate in the activity until they are free of any signs, symptoms or behaviors consistent with a concussion.
2. Must be evaluated by a provider trained and experienced in the evaluation and management of concussions.
3. Must have written permission from a health care provider to again participate in the activity (Note: the health care provider cannot be the athlete's parent).

Provider is defined as a health care provider who is: registered, licensed, certified or otherwise statutorily authorized by the state of Minnesota to provide medical treatment, has been trained in evaluating and managing concussions and is practicing within the scope of their medical training. A certified athletic trainer (ATC) would be considered an appropriate health care provider. At all MN/USA events, the on-site Chief Medical Officer or Tournament Physician has final authority regarding athlete's ability to resume activity.

In addition, all participating coaches and officials are required to receive initial training through the 'Concussion in Youth Sports' online training program available on the Centers for Disease Control and Prevention web site and continued online training at least once every three calendar years. Online training offered by the MSHSL for "lower level officials" and the training required for registered officials and coaches is in compliance with this requirement as is the online training offered through NFHS, Concussion in Sports – What You Need to Know. The link to access the CDC website, the official site for the training of coaches and officials, for the online training is:

<http://www.cdc.gov/concussion/HeadsUP/youth.html>

It is the responsibility of each chartered club and sanctioned tournament to implement policies and track compliance with this legislation.

The entire law can be reviewed at:

<https://www.revisor.mn.gov/laws/?id=90&doctype=Chapter&year=2011&type=0>