

Concussion Policy and Information

Minnesota Concussion Law

It's now law in Minnesota that if young athletes show signs of a concussion, coaches must sideline them until they can get a medical all-clear. A concussion is a brain injury caused by a bump or blow to the head that can change the way your brain normally works. Even what seems to be a mild bump or blow to the head can be serious. To help ensure the health and safety of our young athletes, the Centers for Disease Control developed the online training initiative to offer information about concussions to coaches, parents, and athletes involved in youth sports. <https://www.cdc.gov/headsup/youthsports/training/> The Heads Up initiative provides important information on preventing, recognizing, and responding to a concussion.

BACKGROUND

In June of 2011 Minnesota Governor Mark Dayton signed a new law regarding concussions in youth sports programs. This law took effect in September of 2011 and applies to “any municipality, business, or non-profit organization that organizes youth (age 18 and under) athletic activity for which an activity fee is charged.”

The law can be found at www.revisor.mn.gov under “Laws, 2011 Regular Session, Chapter 90.”

The Chaska Area Youth Basketball Association is compliant with the law and will follow the protocols and content consistent with the current medical knowledge available from the Centers for Disease Control and Prevention (CDC).

REQUIREMENTS

The law has three basic requirements:

- Information must be accessible to coaches, officials, athletes and parents/guardians about the nature and risks of concussions
- Coaches and officials must receive initial training on concussions and training at least once every three years thereafter. www.cdc.gov/concussion/headsup/online_training.html
- Coaches and/or officials must remove an athlete from activity when he/she is suspected of sustaining a concussion or exhibits signs, symptoms or behavior consistent with a concussion. Once removed, an athlete cannot return to the activity until given written permission to do so by a trained and experienced provider.

CONCUSSION SYMPTOMS

These are the most common symptoms associated with concussions. More information and a comprehensive listing can be found in the documents listed below.

- Confusion, feeling sluggish/foggy/groggy
- Dizziness, poor balance & coordination
- Sensitivity to noise or light
- Blurry vision
- Headache or feeling pressure in the head
- Poor memory (can't remember what happened, what they ate earlier, coming to game, etc.)
- Poor concentration
- Feeling nauseous or vomiting