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CONCUSSION MANAGEMENT & PREVENTION

APPROVED: 05/2023

UPDATED:

I. PURPOSE

The purpose of this policy is to work with the school and sports communities to make information available about the nature and risks of concussions; to rely on the training of coaches and officials regarding concussions through the appropriate governing body, and to authorize the removal of athletes when a concussion is exhibited or suspected.

II. GENERAL STATEMENT OF POLICY

Achieve Language Academy coaches and referees/officials, whether paid or volunteer, shall complete initial and ongoing training on concussions as set forth below. Achieve Language Academy will make available to youth athletes and their parent's concussion information.

III. DEFINITIONS

- A. "Concussion" means a complex pathophysiological process affecting the brain, induced by traumatic biokinetic forces caused by a direct blow to either the head, face, or neck, or elsewhere on the body with an impulsive force transmitted to the head, that may involve the rapid onset of short-lived impairment of neurological function and clinical symptoms, loss of consciousness, or prolonged post-concussive symptoms.
- B. "Youth athlete" means a young person through age 18 who actively participates in athletic activity, including a sport.
- C. "Youth athletic activity" means any sport or other athletic activity related to competition, practice, or training exercises that are intended for youth athletes and at which a coach or official is officially presiding.

IV. POLICY

- A. Achieve Language Academy shall provide information to all youth athletes and their parents or guardians regarding the nature, risks, and effects of concussions. The information provided shall be consistent with current medical knowledge from the Centers for Disease Control and Prevention.



- B. The appropriate governing body shall provide school coaches and officials involved in youth athletic activities training related to concussions.
- C. A coach, trainer, or school official shall remove a youth athlete from participating in any youth athletic activity when a concussion is exhibited or suspected. Once removed, the youth athlete may not return to participation until he or she no longer exhibits symptoms of a concussion and is evaluated by a trained provider who gives written permission to return to participation.
- D. A coach, trainer, or school official will complete a Student Injury Form for the health office when a concussion is exhibited or suspected.

V. PROCEDURE

- A. Information regarding concussions shall be made available at the start of each school year to youth athletes and their parents or guardians, through website links or otherwise, and shall include the following:
 - 1. The nature and risks of concussions associated with the athletic activity;
 - 2. The signs, symptoms, and behaviors consistent with a concussion;
 - 3. The need to alert appropriate medical professionals for urgent diagnosis and treatment when a youth athlete is suspected or observed to have received a concussion; and
 - 4. The need for a youth athlete who sustains a concussion to follow proper medical direction and protocols for treatment and return to play.
- B. If a parent of a youth athlete must sign a consent form to allow participation in the youth athletic activity, the form must include information about the nature and risks of concussions.
- C. Each school coach and school official involved in youth athletic activities must receive initial online training and online training at least once every three school years related to concussions through the "Concussion in Youth Sports" online training program on the Centers for Disease Control and Prevention website, as directed by the appropriate governing body of the sport.

LEGAL REFERENCES:

Minn. Stat. §121A.38 (Concussion Procedures)