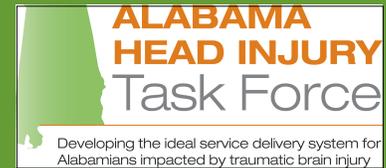


Know the Alabama Law and Stay AHEAD of Concussion



What is a Concussion?

- ✓ A **concussion** is caused by a blow or motion to the head, neck, or body that causes the brain to move rapidly inside the skull. A concussion can happen to anyone and can happen during practice or play in any sport or any athletic activity.
- ✓ The U.S. Centers for Disease Control and Prevention (CDC) estimate approximately 4 million sports- and recreation-related concussions occur each year.
- ✓ Concussions can result in a number of physical, cognitive/thinking, mood, and sleep symptoms. While loss of consciousness can occur, it's important to know that someone can still get a concussion even if they don't lose consciousness.
- ✓ The Alabama Sports Concussion law was passed in June 2011.

What Does the Alabama Law Say?

- ✓ Each local school system and community sport or recreational organization must develop guidelines as well as educational materials (e.g., forms) to distribute to youth athletes and their parents or guardians. Materials must cover the nature and risk of concussion and brain injury, especially with continuing to play after a suspected concussion or brain injury.
- ✓ A concussion and head injury information sheet must be reviewed, signed, and submitted by the youth athletes and their parent or guardian prior to any practice or competition.
- ✓ Each local school system and community sport or recreational organization must ensure that coaches undergo annual training to learn how to recognize concussion symptoms and to seek proper medical treatment.
- ✓ Each local school system and community sport or recreational organization must establish, by rule, their training requirements and, to the extent possible, ensure that all coaches complete the training before the beginning of the team practice.
- ✓ If a youth athlete is suspected of having a concussion or brain injury during practice or competition, they must
 - 1) **be immediately removed from play,**
 - 2) **not return to play the day of the injury, and**
 - 3) **not return until they have been evaluated and received written clearance to return to play by a licensed physician.**



For more information, visit www.alabamatbi.org