



To: Superintendents, Principals and 5A/6A Athletic Directors
From: Ed Sheakley, Executive Secretary
Date: June 29, 2010
Re: Concussion and Head Injuries Awareness/Management

Please find enclosed in this mailing a copy of Oklahoma Statute 24-155 of Title 70 (previously known as Senate Bill 1700). To comply with this statute your local School Board should develop a policy to meet the requirements outlined.

This statute requires the OSSAA and local School Boards to cooperatively develop guidelines dealing with sports-related concussion management. The law goes into effect beginning July 1, 2010. In an effort to aid our member schools to come in compliance with the law, we are sending this packet of information. The information in this mailing listed below may be used as a guideline in developing your plan for your school district.

- A sample "Acknowledgement Statement."
- A sample "Information Sheet for Student-Athletes."
- A sample "Information Sheet for Parent/Guardians."
- A list of requirements and recommended guidelines for implementation to comply with state law.

This statute requires local districts to determine and define what "*licensed health care provider*" you will use to implement this policy. Your district needs to define who you will allow to clear your athletes to return to practice and/or competition. The statute is specific that the health care provider must be "*trained in the evaluation and management of concussion(s).*"

We would recommend that all of your coaching staff view the video, "Concussion in Sports: What You Need to Know" at the National Federation website, www.nfhslearn.com. This is a free video with powerful information with regard to concussions. This video has links to more information in regard to concussion education and management.

We would recommend that acknowledgement and information sheets that are required by the statute be a part of the annual OSSAA physical form and paperwork that each student-athlete must submit prior to participation.

An Act

ENROLLED SENATE
BILL NO. 1700

By: Anderson, Garrison, Gumm
and Johnson (Constance) of
the Senate

and

Cox, McDaniel (Jeannie),
Ritze, Kirby, Dorman,
Kiesel, Wright (John),
Tibbs, Roan and Hoskin of
the House

An Act relating to schools; directing school district boards in cooperation with certain association to develop guidelines related to certain sports-related injuries; requiring annual completion of certain information sheet; requiring removal from participation of youth athletes suspected of sustaining certain injuries; prohibiting participation until clearance from certain health care provider; specifying certain immunity from liability; providing for codification; providing an effective date; and declaring an emergency.

BE IT ENACTED BY THE PEOPLE OF THE STATE OF OKLAHOMA:

SECTION 1. NEW LAW A new section of law to be codified in the Oklahoma Statutes as Section 24-155 of Title 70, unless there is created a duplication in numbering, reads as follows:

A. Each school district board of education shall work in cooperation with the Oklahoma Secondary School Activities Association to develop the guidelines and other pertinent information and forms to inform and educate coaches, youth athletes, and their parents or guardians of the nature and risk of concussion

and head injury, including continuing to play after concussion or head injury. On an annual basis, a concussion and head injury information sheet shall be completed and returned to the school district by the youth athlete and the athlete's parent or guardian prior to the youth athlete's participation in practice or competition.

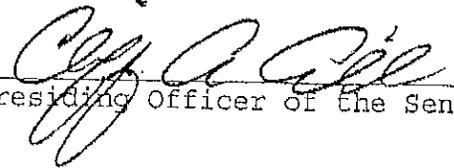
B. A youth athlete who is suspected of sustaining a concussion or head injury during a practice or game shall be removed from participation at that time.

C. A youth athlete who has been removed from participation as provided in subsection B of this section may not participate until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to participation from that health care provider. The health care provider may be a volunteer. A volunteer who authorizes a youth athlete to return to participation shall not be liable for civil damages resulting from any act or omission in the rendering of such care, other than acts or omissions constituting gross negligence or willful or wanton misconduct.

SECTION 2. This act shall become effective July 1, 2010.

SECTION 3. It being immediately necessary for the preservation of the public peace, health and safety, an emergency is hereby declared to exist, by reason whereof this act shall take effect and be in full force from and after its passage and approval.

Passed the Senate the 10th day of May, 2010.

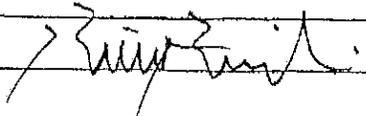

Presiding Officer of the Senate

Passed the House of Representatives the 19th day of April, 2010.


Presiding Officer of the House
of Representatives

OFFICE OF THE GOVERNOR

Received by the Governor this 11th
day of May, 2010,
at 2:12 o'clock P M.

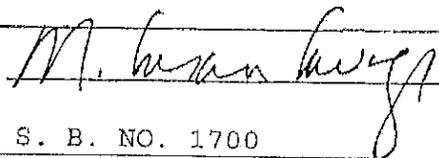
By: 

Approved by the Governor of the State of Oklahoma the 13th day of
May, 2010, at 5:30 o'clock P M.


Governor of the State of Oklahoma

OFFICE OF THE SECRETARY OF STATE

Received by the Secretary of State this _____
14th day of May, 2010,
at 3:57 o'clock P M.

By: 

Concussion and Head Injury Acknowledgement

(NAME OF SCHOOL)

In compliance with Oklahoma Statute Section 24-155 of Title 70 , this acknowledgement form is to confirm that you have read and understand the CONCUSSION FACT SHEET provided to you by _____ related to potential concussions and head injuries occurring during participation in athletics.

I, _____, as a student-athlete who participates in
(PLEASE PRINT STUDENT ATHLETE'S NAME)

_____ athletics and I, _____
(NAME OF SCHOOL) (PLEASE PRINT PARENT/LEGAL GURADIAN'S NAME)

as the parent/legal guardian, have read the information material provided to us by _____ related to concussions and head injuries occurring during participation in athletic programs and understand the content and warnings.

SIGNATURE OF STUDENT-ATHLETE

DATE

SIGNATURE OF PARENT/LEGAL GUARDIAN

DATE

This form should be completed annually prior to the athlete's first practice and/or competition and be kept on file for one year beyond the date of signature in the principal's office or the office designated by the principal.

CONCUSSION/HEAD INJURY FACT SHEET STUDENT-ATHLETES

WHAT IS A CONCUSSION?

- A concussion is a brain injury
- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practice or games in any sport
- Can happen even if you have not been knocked out
- Can be serious even if you have just been “dinged”

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- Tell your coaches or parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates may have a concussion.
- Get a medical checkup. A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Additional concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

- Follow your coach’s rules for safety and the rules of the sport.
- Practice good sportsmanship.
- Use the proper equipment, including personal protective equipment (such as helmets, padding, shin guards and eye and mouth guards----IN ORDER FOR EQUIPMENT TO PROTECT YOU, it must be the right equipment for the game, position and activity; it must be worn correctly and used every time you play.)

FOR MORE INFORMATION VISIT:

- www.cdc.gov/TraumaticBraininjury/
- www.oata.net
- www.ossaa.com
- www.nfhslearn.com
- www.SportsConcussions.org

IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON!

CONCUSSION/HEAD INJURY FACT SHEET PARENTS/GUARDIANS

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding”, “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious. You cannot see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear to be noticed until days or weeks after the injury. If your child reports any symptoms of a concussion or if you notice any symptoms yourself, seek medical attention right away.

WHAT ARE THE SYMPTOMS REPORTED BY ATHLETES?

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

WHAT ARE THE SIGNS OBSERVED BY PARENTS/GUARDIANS?

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Cannot recall events prior to hit or fall
- Cannot recall events after hit or fall

HOW CAN I HELP MY CHILD PREVENT A CONCUSSION?

- Ensure they follow their coach’s rules for safety and the rules of the sport.
- Make sure they use the proper equipment, including personal protective equipment (such as helmets, padding, shin guards and eye and mouth guards----IN ORDER FOR EQUIPMENT TO PROTECT YOU, it must be the right equipment for the game, position and activity; it must be worn correctly and used every time you play.)
- Learn the signs and symptoms of a concussion.

FOR MORE INFORMATION VISIT:

- www.cdc.gov/TraumaticBraininjury/
- www.oata.net
- www.ossaa.com
- www.nfhslearn.com
- www.SportsConcussions.org

IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON!

A List of Requirements and Recommendations
For the Implementation of Oklahoma Statute 24-155 of Title 70
(Senate Bill 1700)

Concussion and Head Injury Awareness and Management

REQUIREMENTS

1. An acknowledgement statement from student-athlete and parent/guardian must be on file annually with the school district prior to the beginning of the athlete's practice/competition.
2. Athletes who are suspected of sustaining a concussion or head injury during practice or game must be removed from participation at that time.
3. Determine for your district the definition of "a licensed health care provider trained in the evaluation and management of concussions".
4. An athlete who has been removed from participation may not participate until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives "written clearance" to return to participation from that health care provider.

RECOMMENDATIONS

5. All district coaches view the 20-minute free video "Concussion in Sports: What You Need to Know" at the National Federation website at www.nfhslearn.com and that documentation of viewing be kept on file in the district.
6. Set forth policy and procedures for reporting and tracking student-athletes that have been determined to suffer a concussion or head injury.
7. Set forth policy and procedures for a step by step process for student-athletes that have been determined to suffer a concussion or head injury in order to facilitate the student-athletes safe return to practice and/or participation in competitive events.
8. Provide relevant information to all staff on where information on concussion and head injuries can be found on the OSSAA website at www.ossaa.com, the National Federation of State High School Associations website at www.nfhs.org, the Oklahoma Athletic Trainers Association website at www.oata.net, the Center for Disease Control website at www.cdc.gov/TraumaticBrain Injury and Sports Concussions at www.SportsConcussions.org.