

CALIFORNIA COLLABORATION FOR YOUTH



Working Together for the Benefit of California's Children and Youth

New Youth Sports Concussion Law May apply to California Camps

In January 2017, a new law went into effect in California related to youth sports and head injuries. The law expanded already existing statute on “return to play” that had only applied to school settings. The law, as put into the [California Health and Safety code ARTICLE 2.5. Youth Sports Concussion Protocols, section 124235](#), defines a youth sports organization as “ an organization, business, nonprofit entity, or a local governmental agency that sponsors or conducts amateur sports competitions, training, camps, or clubs in which persons 17 years of age or younger participate in any of the following sports: basketball, baseball, boxing, bicycle motocross (BMX), competitive cheerleading, diving, equestrian activities, field hockey, football, full contact martial arts, gymnastics, ice hockey, lacrosse, parkour, rodeo, roller derby, rugby, skateboarding, skiing, soccer, softball, surfing, swimming, synchronized swimming, volleyball, water polo, and wrestling. ”

This new law requires youth organizations to develop new procedures that include greater attention to an injured athlete and more education to athletes, parents, coaches and administrators in all the following areas:

- Any athlete, suspected of receiving a concussion should be removed from play and not allowed to return until evaluated by a licensed health care provider trained in the management of concussions and acting within scope of practice.
- If an athlete has received a concussion, the athlete should complete a return to play protocol of no less than 7 days under health care provider supervision.
- If a youth athlete is removed from play for a head injury, the youth sports organization must notify the parents of the time and date of the injury, the symptoms observed and any treatment provided to the athlete by the organization.
- Every year, the youth organization must provide to the athlete and the parents a concussion and head injury information sheet that must be signed by both and returned.
- Every year, youth sports organizations must offer concussion and head injury information to all coaches and administrators.
- Coaches and administrators are required to successfully complete in person or online concussion and head injury training at least once. This must be completed before they can supervise an athlete in an activity.
- “Concussion and head injury education and educational materials” and a “concussion and head injury information sheet” shall, at a minimum, include information relating to all the following:
 1. Head injuries and their potential consequences.
 2. The signs and symptoms of a concussion.
 3. Best practices for removal of an athlete from an athletic activity after a suspected concussion.
 4. Steps for returning an athlete to school and athletic activity after a concussion or head injury.

The Center for Disease Control and Prevention provides great resources for parents, athletes, youth coaches and health care professionals. Entitled, [Heads Up](#), it offers free online training courses as well as a variety of materials such as fact sheets, posters and templates for planning.