

This concussion training is required for all youth sports, return your certificate to Community Education, P.O.Box 708, Howard Lake, MN 55349, e-mail: shorsch@hlwww.k12.mn.us, fax: 320-543-4631 or drop off at the Community Education office located in the Middle School.

The CDC training is free and takes about 30 minutes.

CDC Concussion Training Link: http://www.cdc.gov/concussion/headsup/online_training.html

Heads Up Online Training Course

Get prepared for the new season in less than 30 minutes

Heads Up: Concussion in Youth Sports is a free, online course available to coaches, parents, and others helping to keep athletes safe from concussion. It features interviews with leading experts, dynamic graphics and interactive exercises, and compelling storytelling to help you recognize a concussion and know how to respond if you think that your athlete might have a concussion. Once you complete the training and quiz, you can print out a certificate, making it easy to show your league or school you are ready for the season.

YOUTH SPORTS PROGRAMS (Community Education Departments)

Effective September 1, 2011, M.S. 121A.37 requires that "any municipality, business, or nonprofit organization that organizes a youth (ages 18 and under) athletic activity for which an activity fee is charged, shall:

"(1) make information accessible to all participating coaches, officials, and youth athletes and their parents or guardians about the nature and risks of concussions, including the effects and risks of continuing to play after receiving a concussion . . . All information must be in keeping with protocols and content consistent with the current medical knowledge available from the Centers for Disease Control and Prevention (CDC).

"(2) require all participating coaches and officials to receive initial online training and online training at least once every three years thereafter. All online training must be consistent with the program, *Concussion in Youth Sports*, online training program on the CDC's website."

Coaches and officials using the CDC's online training tool can print a certificate demonstrating that they have completed the course. MSBA staff suggest that school districts retain copies of the materials provided to parents, guardians, and participants as well as the certificates earned by officials and paid and volunteer coaches. School districts may find the CDC's free training tools and information for parents, guardians, and participants very helpful in meeting the requirements of this new law.

In addition to the training requirements already addressed, a coach or official must remove a youth athlete from activities when he/she is suspected of sustaining a concussion or exhibits signs, symptoms, or behaviors consistent with a concussion. Youth athletes who are ruled ineligible to participate in an activity by a coach or official may not return to that activity until given written permission to do so by a trained and experienced provider who has evaluated him/her.

School districts, coaches, and officials wishing to implement a concussion plan should review the Minnesota State High School League and CDC websites.

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