

Connecticut Interscholastic Athletic Conference

Concussion Education and Awareness for Student-Athletes and Parents

In 2010 the Connecticut Legislature passed a law requiring concussion management education for all coaches. Since that law our Coaching Education Program has provided over 13,000 coaches with the proper course developed in consultation with the State department of Education, the Connecticut Concussion Task Force and the Connecticut Athletic Trainers Association. Many states have followed with their own concussion legislation and they require education be extended to student athletes and parents. **Therefore, the Connecticut interscholastic Athletic Conference strongly urges all CIAC member schools require education about the signs and symptoms of concussions to all student-athletes and their parents prior to the student engaging in interscholastic activities.** We recommend that you spend time in each pre-season meeting to present pertinent information regarding the recognition of a concussion signs and symptoms, the means of obtaining proper medical treatment for a person suspected of sustaining a concussion, the nature and risks of concussion, including the danger of continuing to play after sustaining a concussion and the proper method of allowing a student athlete who has sustained a concussion to return to play. Supportive material which can aid in the dissemination of the information may include the following written materials and videos from the NFHS, CDC, CT. Concussion Task Force.

[Link To Uploaded File \(http://www.casciac.org/pdfs/AParent'sGuidetoConcussion-April2013\(a\)\(2\).pdf\)](http://www.casciac.org/pdfs/AParent'sGuidetoConcussion-April2013(a)(2).pdf)

[Link To Uploaded File \(http://www.casciac.org/pdfs/2013NFHSSMACPositionStatementonSoftHeadgear.pdf\)](http://www.casciac.org/pdfs/2013NFHSSMACPositionStatementonSoftHeadgear.pdf)

[Link To Uploaded File \(http://www.casciac.org/pdfs/InvasiveMedicalProceduresPositionStatement-April2013.pdf\)](http://www.casciac.org/pdfs/InvasiveMedicalProceduresPositionStatement-April2013.pdf)

<http://www.cdc.gov/Concussion/>

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

http://www.cdc.gov/concussion/headsup/online_training.html

http://www.cdc.gov/concussion/headsup/pdf/Parent_Athlete_Info_Sheet-a.pdf

http://www.cdc.gov/concussion/pdf/Parent_Athlete_Info_Sheet_Spanish-a.pdf

Link to the CCTS Video - <http://youtu.be/YcuLlmP1Ji8>

Link to the second Impact Syndrome Video - <http://youtu.be/639cMBUFW2I>

We are also providing you with a sample consent form, in addition to the CDC Info sheet above, that should be signed and collected as a part of your permission form process. Either sign-off form can be used. This consent form emphasizes the signs and symptoms of a concussion and the return to play protocol and requires both the student-athlete and the parent signature.

[Link To Uploaded File \(http://www.casciac.org/pdfs/SampleConcussionConsentForm.pdf\)](http://www.casciac.org/pdfs/SampleConcussionConsentForm.pdf)