

Leech Lake Youth Hockey  
Policy Relating to Concussions

**Preliminary Statement:**

In response to Minnesota Concussion Law (SF 612) the Leech Lake Youth Hockey is adopting this related policy as part of its obligation to provide a safe playing environment for all of its participants.

Awareness of concussions and effects of concussions on players, especially youth players, has increased over the past decade. Medically, a concussion is a form of traumatic brain injury. Because it is the brain injury, a concussion is not a visible injury, such as a broken arm. It requires time to heal properly, involving both physical and mental rest. Consequences may include loss of coordination or memory, vision problems, learning issues and changes in emotion and behaviors.

A concussion may result from a direct blow to the head or from an indirect blow to the body that causes various forces to affect the brain within the skull. Signs and symptoms may appear immediately or may be noticed hours or days later. There are a wide variety of symptoms that are possible. Loss of consciousness is not required to be diagnosed with a concussion. Adolescents require more time to recover from concussions than adults.

**The Concussion Law Summary:**

The bill requires organizers of youth athletics for which a fee is charged to provide information on concussions to all coaches, officials, youth athletes and parents or guardians regarding:

- 1) The nature and risk of concussions associated with the athletic activity;
- 2) The signs, symptoms and behaviors consistent with a concussion;
- 3) The need to alert medical professionals for urgent diagnosis and treatment when a youth athlete is suspected of having received a concussion; and
- 4) The need to follow proper medical direction and protocols for treatment and return to play.

All coaches and officials must receive initial online training and refresher training at least once every three years after that on the information listed above and with the *Concussion in Youth Sports* online training program available on the Centers for Disease Control website,

A coach or official is required to remove a youth athlete from participation in any athletic activity if the youth athlete exhibits symptoms of a concussion or is suspected of having received a concussion.

Finally, a youth athlete who has been removed from participation in a youth athletic activity may not return to the activity until the youth athlete no longer exhibits symptoms of a concussion, receives an evaluation by a provider experienced in evaluating and managing concussions and receives written clearance to return to play.

**Application:**

The Minnesota statute requires any non profit organization that organizes youth athletic activity for which a fee is charged to meet the requirements of the statute. This policy does apply to all Leech Lake Youth Hockey volunteer coaches and officials involved in any programs sponsored or supported by Leech Lake Youth Hockey.

The statute specifically applies to participating coaches and officials.

**Pre-Season Requirements:**

Coaches and officials are required to take the free CDC online training course before they may coach or officiate for the first time starting with all programs beginning after September 1, 2011. [www.cdc.gov/concussion/headsup/online\\_training.html](http://www.cdc.gov/concussion/headsup/online_training.html). This training will be available for all coaches during coaches meeting or may be completed by themselves online. The Certificate of completion at the end of the training is proof the course has been taken. Parents and athletes may take the course for their own information.

**Season Requirements:**

Coaches during practices and coaches or officials during games shall remove a player from active participation in the practice or game if the player exhibits the signs, symptoms or behaviors consistent with a concussion or is suspected of sustaining a concussion (MN Statute 121A.37(b))

The player is not allowed to return to play until cleared in writing by a provider trained in evaluation and management of concussions (MN 121A.37 (c ))

The coach shall inform the parents/legal guardian about the possible concussion and the event surrounding the possible concussion (e.g. collision, fall, etc.)

Approved by: Leech Lake Youth Hockey Board of Directors at their regular meeting on ??????