

LBAL Concussion and Head Injury Information Sheet

Pursuant to Education Code Section 49475, before a student may try-out, practice, or compete in any district-sponsored extracurricular athletic program, the student and parent/legal guardian must review and sign this Concussion and Head Injury Information Sheet. This sheet must be reviewed and signed by the student-athlete and parent/legal guardian for each sport in which the student participates in LBAL.

Important Information Regarding Concussions:

In accordance with California Education Code, if a player is known to have or is suspected of sustaining a concussion or head injury in a practice or game, the player shall be removed immediately from the activity for the remainder of the day. A student-athlete who has been removed from play may not return to action until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussions and receives written clearance to return to play from that health care provider. In the case of an actual or perceived loss of consciousness, the student must be immediately removed from the activity.

For the safety and protection of the student, once a supervising individual makes a determination that a student must be withdrawn from activity due to the potential existence of a concussion or head injury, no other coach, player, parent, or other involved individual may overrule this determination.

Once a student is removed from an activity, the parent/legal guardian should promptly seek a medical evaluation by a licensed health care provider, even if the student does not show physical symptoms of a concussion (headache, pressure in the head, neck pain, nausea or vomiting, dizziness, blurred vision, balance problems, sensitivity to light or sound, feeling “slow,” “foggy,” or “not right,” difficulty with concentration or memory, confusion drowsiness, irritability or emotionality, anxiety or nervousness, or difficulty falling asleep). If the student reports or shows any of these symptoms, immediate medical health care should be obtained. If a parent or legal guardian is not immediately available to make health care decisions, the district reserves the right to have the student taken for emergency or urgent evaluation or medical care in keeping with the authorization contained in the Athletic Emergency Authorization.

If a licensed health care provider determines that an athlete has sustained a concussion, the athlete shall complete a graduated return to play protocol of not less than seven (7) days.

We have read and understand this Concussion and Head Injury Information Sheet.