



Information About Public Act 10-62 “An Act Concerning Student Athletes and Concussions”

Did you know?

- 400,000 brain injuries (concussions) occurred in high school athletics during the 2008-09 school year
- 50% of “second impact syndrome” incidents (brain injury caused from returning to play before being recovered from an initial concussion) **result in death**
- Even when concussion symptoms disappear in as little as 15 minutes, 75% of those tested 36 hours later still had problems with memory and cognition
- High school players recover more slowly from concussion than adults, or even college-aged athletes
- Female high school soccer players sustain nearly 40% more concussions than male soccer players (29,000 annually), and female high school basketball players sustain 240% more concussions than male basketball players (13,000 annually)

Connecticut Public Act 10-62

- Public Act 10-62 was signed on May 18, 2010 by Connecticut Governor M. Jodi Rell and is effective immediately.
- The statute requires that coaches of intramural and interscholastic sports complete a training course related to recognizing signs & symptoms of concussion, appropriate medical management of concussion, and medical risks associated with concussion. Coaches will have yearly refresher training in this subject matter.
- Coaches will be required to remove from play any athlete who exhibits signs or symptoms of concussion. The athlete will not be permitted to return to play until he or she has received written medical clearance from a qualified medical provider.
- The State Board of education may revoke the coaching permit of any coach found to be in violation of this statute.

The Connecticut athletic Trainers’ Association (CATA) fully supports Public Act 10-62, as one means of helping to insure that student-athletes who sustain concussions are not permitted to return to play and risk potentially catastrophic consequences. Adequate medical coverage for middle and secondary school athletics on a daily basis is essential in minimizing the risk and preventing serious complications from sports injuries of all types.

Who’s Taking Care of Our Kids?

- Only 42% of high schools in the U.S. have access to athletic training services
- 62% of organized sports-related injuries occur during practices
- 47% of schools nationally fall short of the federally recommended nurse to student ratio

The Connecticut Athletic Trainers' Association (CATA) strives to improve the quality of health care for athletes, patients and clients and enhance the profession of Athletic Training, through leadership, education, and cooperative efforts with other organizations and allied health professions.

Athletic training is practiced by athletic trainers, health care professionals who collaborate with physicians to optimize activity and participation of patients and clients. Athletic training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities.

Concussion

A concussion is a type of traumatic brain injury (TBI) that is caused by a blow to the head or body, causing the brain to move rapidly inside the skull. This may result in altered mental function and a wide range of signs and symptoms. Athletes who continue to play while still experiencing symptoms of concussion are at significant risk for re-injury, permanent brain injury and even death.

Recognizing Concussion

All individuals involved with teams and sport activities, including players, coaches, parents, organizers, league officials, and referees/game officials should be educated about the signs and symptoms of concussion so that they can **recognize** the injury, **remove** the athlete from activity, and **refer** the athlete to a qualified medical professional for examination prior to allowing the athlete to return to play.

Signs and Symptoms of Concussion include:

Headache	Nausea/vomiting
Dizziness or balance problems	Mentally “foggy”
Stunned, dazed or confused	Seeing stars
Memory problems	Irritability
Concentration problems	Mood or personality change
Sensitive to light or noise	Drowsiness
Loss of consciousness (not always)	Getting a “bell ringer” or “ding”

Treatment:

- Any athlete who exhibits signs or symptoms of concussion should be removed from activity immediately and evaluated by a licensed medical professional.
- The treatment for concussion is physical and cognitive rest until symptoms resolve.
- Some individuals may need to modify school or work activities during the recovery period.
- Any athlete who exhibits signs or symptoms of concussion should be evaluated by a licensed medical professional experienced in the management of concussion.

Return to Play:

Athletes should not return to activity until:

- They have no symptoms at rest.
- They have no symptoms with everyday activities and school-related activities.
- They have no symptoms during exercise. (Exercise should be initiated under the direction of a medical professional, and should take place progressively, over several days).
- They have been evaluated and cleared to return by a medical professional experienced in the management of concussion.

Remember: When in doubt, sit it out!

www.ctathletictrainers.org

