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## Concussion Implementation Plan

The State of Colorado has passed a bill addressing concerns of the effects of concussions to our youth. As of January 1, 2012, the Jake Snakenburg Youth Concussion Act took effect as a Colorado State law. This law states each public and private middle school, junior high school, or high school, and each private club or recreation facility is directed to require each coach with primary supervisory responsibility for a youth athletic activity to complete annual concussion recognition training. Note: This Law is directed to coaches of youth athletes between the ages of 11-18.

### **The Jake Snakenburg Youth Concussion Act at a glance:**

After coaches complete concussion training and provide certification of said training, the coaches have the responsibility of looking out for possible symptoms of concussions in youth athletes who take a blow to the head or body. If a concussion is suspected, the law requires the coach to immediately remove the youth athlete from a game, competition or practice (unless the symptoms can be readily explained by another condition). The coach needs to contact the parents (guardian) informing them of the suspected concussion. The youth athlete is not permitted to return to the game or practice without being evaluated and released to participate by a health care provider. Parents (guardians) must provide written clearance to the coach in order to return to play. The law provides detailed definitions of acceptable health care provider qualifications.

To reference the law in its entirety, please go to:

[http://www.leg.state.co.us/CLICS/CLICS2011A/csl.nsf/fsbillcont3/A9CE9CEE12645CAA8725780800800D80?Open&file=040\\_01.pdf](http://www.leg.state.co.us/CLICS/CLICS2011A/csl.nsf/fsbillcont3/A9CE9CEE12645CAA8725780800800D80?Open&file=040_01.pdf)

## Highlands Ranch Metro District's Implementation of this LAW

### Concussion Certification

Although the law requires coaches of athletes aged 11 through 18 years old to pass concussion recognition training, HRMD requires ALL head coaches and assistant coaches to complete concussion training and provide an annual certificate of completion. HRMD feels this information is invaluable and strongly encourages all adults involved with youth sports to take a certification course.

- HRMD has approved two courses for concussion recognition training. Both provide information on how to recognize the signs and symptoms of concussions, information on the nature/risk of concussions, and the proper procedures of allowing young athletes to return to athletic activity.
  - Center for Disease Control and Prevention (CDC) <http://www.cdc.gov/headsup/youthsports/training/index.html> (Recommended).
  - National Federation of State High School Associations (NFHS) [www.nfhslearn.com](http://www.nfhslearn.com).
- **Coaches only have to pass concussion recognition training once in a calendar year. All certifications expire December 31 of current year.**
- Certifications must be presented to the HRMD recreation office before a coach can conduct practice and/or games.
- If certification has been taken through a school district or other agency, a copy of the certificate must be forwarded to the HRMD recreation office.

*Please turn page over for additional information*

### **Training Support**

Supporting materials provided to coaches, officials and available to parents include:

- Heads Up Concussion information for coaches
- Heads Up Concussion information for parents
- Supporting articles and websites about youth concussion awareness
- Information on Second Impact Syndrome

All information will be posted on both the [www.highlandsranch.org](http://www.highlandsranch.org) and [www.quickscores.com/hrmd](http://www.quickscores.com/hrmd) websites.

### **Record Keeping**

- HRMD will verify that the coach has completed the concussion recognition training and may maintain copies of the annual certificate of completion of concussion recognition training.
- Coaches must contact parents/guardians informing them if their youth athlete has been removed from play due to identified symptoms of a concussion.
- Coaches will fill out the Injury and Concussion Reporting Form and forward the form to the HRMD recreation office.
- HRMD may retain on file Injury and Concussion Reporting Forms and written clearance forms from health care providers that must be submitted to HRMD by parents prior to returning to play.
- HRMD will contact coaches when a youth athlete has been cleared to return to activities. Athletes may not participate in physical activities until coaches have been contacted by the HRMD recreation staff.

**When in Doubt, Sit Them Out!  
Stand Tall, Make the Right Call!**