

Minnesota
Athletic
Trainers'
Association



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Hello,

This past spring Minnesota passed Senate File 612 and joined 31 other states in approving legislation to improve the recognition and treatment of concussions in youth athletes. The Minnesota Athletic Trainers' Association, in partnership with Sanford Health and the Brain Injury Association of Minnesota, advocated for this important legislation. The goal of this policy is to help coaches, parents, and student athletes better understand and recognize the dangers of traumatic brain injuries while protecting student-athletes from returning to play too soon after sustaining a concussion.

Under this new law, coaches and officials must periodically take part in an online training course related to the signs and symptoms of concussions, and then must remove an athlete (age 18 and under) from practice or competition if they believe that athlete is experiencing concussion symptoms or has sustained a concussion. The Centers for Disease Control and Prevention website hosts an excellent online concussion training program that satisfies the requirements of the law. The session takes about forty five minutes to complete, and can be found at the following website:

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

An athlete may not return to participation until a health care provider trained in the evaluation and management of traumatic brain injury provides written clearance in accordance with the proper standard of care.

In addition to those activities governed by the Minnesota State High School League, all youth sports organizations are included under the law as well. To help interested groups like yours, the MATA, Sanford Health, and Brain Injury Association of Minnesota are developing materials aimed at providing additional information about the new law and answering some of the frequently asked questions that have arisen. You will find the first of these documents included with this message. Additional resources will be forthcoming, and other educational resources can be found at the following web sites: www.mnata.com, www.braininjurymn.org, and www.sanfordhealth.org/headsup. Please note these sites are not substitutes for completing the CDC website online training course.

The MATA, Brain Injury Association of Minnesota, and Sanford Health all felt strongly this legislation was needed to raise awareness and help ensure a uniform standard of care for the treatment of traumatic brain injuries in young athletes. If you have any questions on implementation of the law or how to help educate coaches, officials, parents, athletes, or health care providers you may send your questions to concussion@mnata.com or info@braininjurymn.org. Thank you for your time and efforts.

Respectfully,

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