



San Jose Police Activities League Concussion Policy – 2018

San Jose PAL takes the safety of our PAL youth as the most important aspect of recreational or competitive sport and we wish for our members/participants who participate to do so in a manner that provides reasonable safety for their well-being.

The events and activities that are authorized by San Jose PAL involve risks and dangers of injury and accidents may occur sometimes without fault. Available medical assistance may vary from venue to venue. San Jose PAL recognizes that the potential for harm from concussions is a serious matter and while some accidents and even concussions may occur, the basis for the San Jose PAL's Concussion Policy is based upon trying to limit the potential harm, which could result from continued participation after such an injury.

We have therefore established this Concussion Policy for San Jose PAL and our members, which is as follows: Coaches will take the CDC online course where they will learn techniques to reduce the risk of possible concussions. Where there is reasonable cause to believe that a concussion may have occurred, such participant shall not be allowed to continue his/her participation in a San Jose PAL authorized event/activity without a medical release to resume such participation.

San Jose PAL wants to ensure that all coaches, volunteers and other non-athlete members working with youth athletes be familiar with the Center for Disease Control's (CDC) Head's Up program.

Coaches, staff and volunteers shall take the free on-line course that will provide important information in the recommendation and decision-making in handling situations that may involve concussion injuries.

This course takes approximately 30 minutes. The CDC also has downloadable handouts for athletes and their parents. Certificates of completion will be given to the PAL office.

The state of California has strict laws governing sports organizations and responsibility relative to concussion. It is important that we educate our members on this matter. California Health and Safety Code 124235 is the law that governs sports organizations regarding concussion.

Each year the parents/ guardians of athletes will be provided with a copy of the concussion information sheet. The parents/guardians shall talk to their children about concussion. They must sign a form that acknowledges that they received the concussion information sheet. This form needs to be given to staff at the PAL office. Both the Information sheet and acknowledgement form are available on the PAL website in the document folder. The PAL office will also have paper copies available.

Below are links to the training, California law, concussion information sheets and the acknowledgement form.

http://www.cdc.gov/concussion/HeadsUp/online_training.html

http://www.caha.com/docs/2017%20State%20of%20California%20Health%20and%20Safety%20Code%20124235_Concussions.pdf

<http://files.leagueathletics.com/Text/Documents/16805/89378.pdf>

<http://files.leagueathletics.com/Text/Documents/16805/89376.pdf>

<http://files.leagueathletics.com/Text/Documents/16805/89663.pdf>