

HB2273

Relating to Concussions

EDU/HTH, WAM



STATE OF HAWAII
DEPARTMENT OF HEALTH
P.O. Box 3378
HONOLULU, HAWAII 96801-3378

In reply, please refer to:
File:

Written Testimony Only

Senate Committee on Education

HB 2273, Relating to Concussions

**Testimony of Loretta J. Fuddy, A.C.S.W., M.P.H.
Director of Health**

March 16, 2012

1 **Department's Position:** The Department of Health supports H.B. 2273, Relating to Concussions, and
2 defers to the Department of Education for any fiscal implications.

3 **Fiscal Implications:** None.

4 **Purpose and Justification:** H.B. 2273 is requiring the DOE and HHSAA to develop a concussion
5 awareness program and to provide guidelines to public and private schools. As of October 2011, there
6 are 31 states (plus the District of Columbia and the city of Chicago) that have adopted youth concussion
7 laws. This bill contains the main principles of the Lystedt Law model legislation enacted in Colorado
8 and supported by the NFL. Passage of H.B. 2273 will be a major step for Hawaii to enact a statute that
9 will promote education on concussion and implement return to play guidelines targeted at minimizing
10 the risk of Second-Impact Syndrome, resulting from a student athlete returning to play while still
11 experiencing symptoms of a concussion and suffering another concussion. The result of Second-
12 Impact Syndrome can be devastating and lead to life-long disabilities.

13 Thank you for this opportunity to testify.

WRITTEN TESTIMONY ONLY

Date: 03/16/2012

Committee: Senate Education/Senate Health

Department: Education

Person Testifying: Kathryn S. Matayoshi, Superintendent of Education

Title of Bill: HB 2273 (hscr931-12) Relating to Concussions

Purpose of Bill: Requires the DOE and the Hawaii High School Athletic Association to develop a concussion awareness program to provide guidelines for public and private schools.

Department's Position:

The Department of Education (Department) supports HB 2273 (hscr931-12) which requires the DOE and the Hawaii High School Athletic Association (HHSAA) to develop a concussion educational program for students and student athletes in public and private schools. The purpose of this bill is intended to ensure that students, school personnel, and parents are provided with consistent and up-to-date information on concussions and management of symptoms and injuries relating to a concussion.

The Department continues to recognize and support the need for a concussion education program and its partnership with the HHSAA. In partnership, the development of this program will establish a standardized set of guidelines and procedures prepared to ensure the health and safety of all Hawaii's athletes.



HAWAII MEDICAL ASSOCIATION

1360 S. Beretania Street, Suite 200, Honolulu, Hawaii 96814
Phone (808) 536-7702 Fax (808) 528-2376 www.hmaonline.net

Friday March 16, 2012

1:20 P.M.

Capitol Auditorium

To: SENATE COMMITTEE ON EDUCATION
Sen. Jill N. Tokuda, Chair
Sen. Michelle N. Kidani, Vice Chair

SENATE COMMITTEE ON HEALTH
Sen. Josh Green, MD, Chair
Sen. Clarence K. Nishihara, Vice Chair

From: Hawaii Medical Association
Dr. Roger Kimura, MD, President
Dr. Linda Rasmussen, MD, Legislative Co-Chair
Dr. Joseph Zobian, MD, Legislative Co-Chair
Dr. Christopher Flanders, DO, Executive Director
Lauren Zirbel, Community and Government Relations

Re: HB 2273

In Support

Chairs & Committee Members:

The Hawaii Medical Association strongly supports this measure.

The Hawaii Medical Association stands in strong support of the need for the state of Hawaii to develop guidelines for the management of student athletic concussive events. While many of our student athletes may appear physically mature, the human brain lags in development, continuing to develop well into a person's 20's. It is estimated that over 40,000 youth concussions occur annually, and over 40% of high school athletes return to action prematurely. Concussions account for nearly 10% of sport injuries, and are the second leading cause of brain injury for young people ages 15–24. Injuries of this type to the brain can be permanent, and are cumulative in effect.

The HMA favors the development of a concussion management program based on established evidence-based criteria, such as those developed by the American Academy of Neurology, the Colorado Medical Society, or the Cantu guidelines.

Thank you for the opportunity to provide this testimony.

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HMSA



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March 16, 2012

The Honorable Jill N. Tokuda, Chair
The Honorable Josh Green M.D., Chair

Senate Committees on Education and Health

Re: HB 2273 – Relating to Concussions

Dear Chair Tokuda, Chair Green and Members of the Committees:

The Hawaii Medical Service Association (HMSA) appreciates the opportunity to testify in support of HB 2273, which requires the Department of Education and the Hawaii High School Athletic Association to develop a concussion awareness program for public and private schools.

According to the Hawaii Department of Education, concussions represent up to eight percent of all injuries per year. HMSA believes that the best way to prevent episodes of brain injury is through education, and we have initiated events such as our Kaimana Coaches clinic to educate coaches on symptoms of and injuries associated with concussions. We also believe that requiring a licensed health care provider to determine when a student may return to play is necessary to prevent further injury.

We believe that HB 2273 would help to promote the safety and well-being of all student athletes in Hawaii in regards to the dangers of concussions. Thank you for allowing us to testify in support of this measure.

Sincerely,

A handwritten signature in black ink, appearing to read 'JDiesman', with a long horizontal stroke extending to the right.

Jennifer Diesman
Vice President
Government Relations



SAFE KIDS Hawaii

March 16, 2012

To: Senator Jill N. Tokuda, Chair
Committee on Education
Senator Josh Green, M.D., Chair
Committee on Health

From: Susan LaFountaine, KIPC Co-Chair
Manager, Rehabilitation Department
Kapiolani Medical Center for Women and Children

RE: **HB2273, Relating To Concussions**

Honorable Senator Tokuda, Senator Green and Members of the Education and Health Committees:

The Keiki Injury Prevention Coalition (KIPC) represents more than forty agencies and individuals who are committed to the protection of the children of Hawai'i from preventable injuries. **KIPC strongly supports HB2273**, which will require the DOE and the Hawai'i High School Athletic Association to develop an educational program for students and student athletes that addresses the prevention, recognition, and management of concussion or mild traumatic brain injury.

Training in concussion awareness is essential for all persons who are involved with youth sports and activities that place children at risk for biomechanical forces that may result in brain injury. Recognizing and responding properly to concussions when they first occur can help prevent further injury or event death. Because the results of these injuries are cumulative, it is essential that they be prevented at the youth level. While promoting physical activity as part of a healthy lifestyle is important; it is equally important to provide education on what constitutes safe play.

Thank you for the opportunity to provide testimony on this important measure.

Testimony of Cindy Clivio on behalf of the Hawaii Association of Athletic Trainers in **support HB 2273**

March 16, 2012

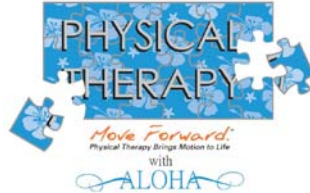
To: Chairs Jill Tokuda, Josh Green and Members of the Senate Committees on Education and Health:

My name is Cindy Clivio and I am testifying for the members of the Hawaii Association of Athletic Trainers (HATA) in **support of HB2273**

The Hawaii Athletic Trainers' Association continues to support the effort to enact legislation requiring Hawaii high schools to provide a concussion educational awareness plan for coaches, athletic trainers, students, parents, and school staff for all of the reasons offered in earlier hearings testimony

The Hawaii Athletic Trainers Association (HATA) is the professional membership association for Certified Athletic Trainers in our state. Certified Athletic Trainers are health care providers who specialize in the prevention, assessment, treatment and rehabilitation of injuries and illnesses of athletes participating in various athletic events in Hawaii. Athletic Trainers are employed in all Hawaii's public schools, some private schools, colleges, Universities, hospitals, physician offices, clinics, and by the military.

Thank you for the opportunity to testify on this measure.



Senate Committee on Education
Senate Committee on Health
Friday, March 16, 2012
1:20 p.m.
State Capitol Auditorium

RE: HB 2273, RELATING TO CONCUSSIONS

Good afternoon, Chair Tokuda, Chair Green, Vice-Chair Kidani, Vice-Chair Nishihara and members of the Committees. On behalf of the Hawaii Chapter, American Physical Therapy Association ("HAPTA"), we are in **support** of HB 2273, relating to concussions and ask that you please make an amendment to include physical therapists in the definition of Licensed Health Care Professional.

This measure requires the DOE and the Hawaii High School Athletic Association to develop a concussion awareness program to provide guidelines for public and private schools.

We believe that this measure is an important step toward ensuring that the risk of serious injuries is lessened. We do request that you **amend this bill to** include physical therapists in the definition of Licensed Health Care Professional in the bill, as physical therapists provide care to people who are suffering short and long-term effects of concussions including vertigo, and balance and coordination problems as well as cognitive problems. Both Iowa and Nevada enacted similar legislation in 2011 including physical therapists as health care professionals.

HAPTA is a non-profit professional organization serving more than 250 member Physical Therapists and Physical Therapist Assistants. Our mission is to be the principal membership organization that represents and promotes the profession of Physical Therapy in the State of Hawaii.

Mahalo,

Ann Frost, P.T.
Legislative Committee Chair

TO: Senate Committee on Education
FROM: Scott H. Fujiwara
DATE: March 13, 2012
RE: In Support of House Bill (HB) 2273, Relating to Concussions
Hearing on Friday, March 16, 2012 at 1:15 p.m.

Good afternoon Chair Tokuda, Vice-Chair Kidani, and Committee Members. My name is Scott Fujiwara and I am a junior at Hanalani Schools. I am testifying in support of HB 2273, Relating to Concussions.

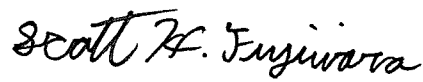
I have played power forward or center on Hanalani's basketball teams for the past four years. I know from experience that competitive sports can cause injuries. However, I never thought high school sports could be dangerous, until I read recent articles about athletes my age dying from concussions.

HB 2273 requires that people involved in school athletics be educated on the symptoms of concussions. It also requires that a student with concussion symptoms be removed from the athletic activity.

If I fell and hit my head in a game, my instinct would be to "tough it out" and play on, just as I have with sprained ankles and hyper-extended knees. However, since concussions can result in much worse than a permanent limp, we should be educated about symptoms and risks; and my coaches must know when to pull me and my teammates from a game, even if we think we can tough it out.

Therefore, please pass HB 2273. Thank you.

Sincerely,


SCOTT H. FUJIWARA

Senate Education Committee hearing on Friday, March 16, at 1:15 P.M.

House Bill Number: No. HB 2273

Title: Concussions

Hello, my name is Samuel Castro and I am a junior and student body treasurer at a college preparatory school named American Renaissance Academy. I am testifying on House Bill No. 2273, related to Concussions. I personally support this bill for the safety and the future of students who are primarily exposed to sports.

As students begin to participate in sports, such as football, soccer, bicycling, and skateboarding they have a risk of minor to serious head injuries. According to multiple neuropsychologists, even the slightest concussion can cause long term cognitive and behavioral deficits. On February of 2011, we saw a former two-time NFL Super Bowl champion take his life because of the long term effects of concussions. These effects include: memory loss, mood swings, fatigue, and depression. Note that all of these effects are from a grown-adults series of concussions. But as adolescents, our minds are still in the developing stages and such trauma to the head may result in a much larger long term effect in our future stages of life. As a brother, cousin, and friend of many high school athletes, I worry for the effect that concussion may cause them, and for the unforeseeable future that may occur if these types of injuries continue to be pushed to the side by pure ignorant and unknowable coaches, students, and teachers. So please, approve this bill for the future protection and health of our young people and potential future success of these young student athletes.

Thank you, Senators and a good afternoon to all of you.

Senate Education Committee hearing on Friday, March 16, at 1:15 P.M.

House Bill Number: No. HB 2273

Title: Concussions

Good afternoon, Senators. My name is Abigail Castro and I am a freshman at American Renaissance Academy. I am testifying on HB No. 2273, Concussions. I support this bill because I believe it is important for all athletic coaches, trainers, faculty, and staff to know the signs and symptoms of a concussion. It is also imperative that the coaches and staff possess the knowledge and ability to administer the necessary procedures to deal with this should it occur as preventive measures for this potential hazard.

A day does not go by that we do not read in the newspaper or view on TV of famous professional, college, high school, and elementary athletes who receive head injuries that have not been properly treated because no one in attendance had the know-how of recognizing and treating concussions.

For example, a good friend of mine got hurt during one of our soccer games. Because the coach had specialized training, he was able to render aid immediately after the accident. This is a prime example of the training that should be required of all coaches, trainers, and school staff. It is my wish that this Bill be passed so all athletes in Hawaii may receive the medical attention my coach was able to render to my teammate.

Mahalo, Senators, for your deep care and concern for our Hawaiian youth.

Senate Education Committee hearing on Friday, March 16, at 1:15 P.M.

House Bill Number: No. HB 2273

Title: Concussions

Good afternoon, Senators. My name is Andy Wiers, and I am a junior and student body Vice-President at American Renaissance Academy.

I am testifying on HB number 2273, Relating to Concussions. I support this bill because I strongly feel that students, parents, school staff, athletic trainers, and coaches should know the signs and symptoms of a concussion, and the procedures that *need* to be followed after it occurs so that proper medical attention can be implemented to ensure that the student or anybody experiencing it is all right.

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body, a fall, or another injury where the brain crashes against the inside of the skull.

From 1997 to 2007, emergency department visits for concussions in children aged 8 to 13 playing sports doubled, and the number of visits increased by more than 200 percent in older teens, according to a report by the American Academy of Pediatrics.

When you do not know much about concussions, you will probably shy away from approaching situations when these occur, and most likely, you will not be able to administer the proper procedures to alleviate the problem. Leaving a concussion untreated, especially during the developmental stages of children, can lead to permanent brain damage, along with many other life-long threatening health conditions. If a concussion occurs twice within the same week, death is an alarming possibility.

When everyone involved in sports and other activities are educated in how to properly handle concussions, we eliminate a large risk of having life-long brain damage, and/or many other serious conditions. School staff, athletic trainers, and coaches need to be our front-line of experts and immediate care-givers because they are the ones who have the most contact with students who maybe in potential danger.

Thank you, Senators for your time and attention.

Testimony

House Bill (HB) Number: 2273

Title: Concussions

Good afternoon, Senators. My name is Stephanie Hommel and I am a sophomore at Moanalua High School. I am testifying on House Bill number 2273, pertaining to Concussions. I adamantly support this bill due to the reason that it greatly improves the safety and care for students by educating coaches, teachers, and athletic trainers. I concur with the legislature that a statewide concussion educational program is what is required to ensure that the people are given accurate and up-to-date information pertaining to all aspects of a concussion.

According to the Center for Disease Control and Prevention, over 3.5 million sports - related concussions are sustained in the United States each year. Unlike most common injuries, concussions have a broad range of severity and multiple symptoms. Therefore, they should be understood by the people who work with children and adolescents. How better to inform these people than by a statewide concussion awareness program? This approach considerably reduces the amount of individuals who are uninformed about concussions.

In addition to educating the people, this Act practically ensures a student's safety by the mandatory removal from an athletic activity if he or she demonstrates symptoms of a concussion. If left untreated, increased intracranial pressure can occur and result in fatality. Thus, an evaluation from their physician is required to determine if it is safe for them to return to the activity. Both of these precautions immensely benefit a student's well being in the case of a mild or severe concussion.

In conclusion, House Bill number 2273 has informed the people of a concussion's seriousness, taught them how to detect symptoms and perform proper medical procedure, and also created a safer schooling environment for both public and private schools. Ultimately, this Act should remain alive due to the numerous benefits that it brings not only to the schools, but to the community as well.

Good afternoon everyone. My name is Larissa Minicola and I am a freshman at Castle High School. I am testifying in support of House Bill number 2273, Concussions. I support this bill because the number of concussions in high schools due to sports has reached an epidemic level. The rate of concussions go up about 15.5% per year. All high school sports have a risk of concussions, no matter how careful the player is being. There are many students who suffer from concussions but don't realize that they have one, which is why schools should develop a concussion awareness program. When getting a concussion, there is a high possibility of nausea, headaches, brain damage, or memory loss. Schools should bring awareness to concussions to help their students learn how to prevent them.

House Bill (HB) Number 2273

Hearing: 3/16/12 1:20 PM

Title: Relating to Concussions

Good afternoon, Senators. My name is Kendrick Leong and I am a Sophomore at Punahou School. I am testifying on HB No. 2273, Relating to Concussions. I support this bill because concussions are having a profound effect on student-athletes and without proper care these concussions can lead to serious health problems in the future. Last school year, there were 446 concussions reported statewide. Concussions are a big deal and can affect motor skills, cognitive reasoning, and most importantly, it can have long lasting effects on brain development in teenagers. As a football player, I have seen the effects of concussions on my teammates on and off the field. Not only do they have to take time off of practice and possibly risk their participation in games, more importantly, they often miss school as well. An education program should be put in place so that not only can our student-athletes avoid concussions, but also so that concussions can be detected early and properly cared for, minimizing down time and making sure our athletes stay safe. Thank you for the opportunity to testify on this measure.

HB No. 2273

Title: Concussions

Good Afternoon, Senators. My name is Kevynne Fountain and I am a sophomore at Moanalua High School. I am testifying on HB No.2273, Concussion Awareness Programs. I strongly support this Bill for the following reasons.

It is estimated that every year 40,000 youth concussions occur; and of this 40,000, 40 percent return to their normal physical activity prematurely. By creating this program I feel that it will reduce this percentage greatly. This program will be educating parents, officials, athletes, and school staff on how premature return to play is very dangerous for the full recovery of your brain. A premature return to play can lead to things such as bruising to your brain and, in severe cases, permanent disabilities.

This program would teach others the signs of concussions so they would know what they look like and what to do when it happens. At many athletic events there are no trainers or people certified in first-aid so parents, coaches and spectators need to know how to identify symptoms of a concussion. This will reduce the risks to the athlete who chooses to just "tough it out" and immediately returns to play causing a more severe concussion.

Another good thing about this program is that it will educate the athletes who are stubborn that a concussion is a very serious injury. Many athletes are very eager to return as soon as possible to their sports but don't know that if they don't follow the recovery plan they could cause themselves many future problems or permanent brain trauma. Once you are diagnosed with a concussion you are more prone to getting future concussions. With each concussion the damage of your brain greatly increases. Overall if the athlete is diagnosed with too many concussions they will be removed from their sports permanently.

Thank you for the opportunity to testify on HB No. 2273

Revision to Previously Submitted Testimony

HB Number 2273

Title: Concussions

Good afternoon, Senators. My name is Kiana Pigao and I am the Kauai District Representative on the Hawaii State Student Council, however today I am testifying as an individual, a current sophomore at Waimea High School. I am testifying today in favor of HB No. 2273 on Concussions. I strongly support this bill for the following reasons.

First off, I feel that this is a great step towards promoting student achievement. When students get concussions, the people around them need to be aware of how to help them best, so that they don't fall behind in school, instead students can continue to excel and keep up with the rest of their peers. My friend got a concussion last year, and his ability to learn and progress academically was stalled, because of the concussion he forgot basic knowledge from his core classes. No one was able to assist him because of their lack of knowledge on what to do. This situation brought him much frustration and put him at a standstill in his educational progress.

Second, I believe that people should be educated in the signs of a concussion. It is crucial that people are aware of the signs of a concussion, so that coaches and parents may catch it before it becomes any worse. Knowing that a student may have a concussion, would prevent many students from getting to a point where they become forgetful, or brain dead in certain areas. In a survey sponsored by the Safe Kids USA on parents'/coaches' knowledge of eliminating childhood injuries, the results were as follows. According to survey results, only 40 percent of parents feel knowledgeable enough to help prevent their children's sports injuries. Only 29 percent of parents feel that their child's coach knows how to prevent injuries. With this being known it would make me feel safer to play a sport if I knew that the people supporting me would know if I was at a point of a critical injury.

As teenagers in high school, many of us have a competitive drive to work hard to bring honor to our schools. In case a concussion occurs, it is important that we take the precautions that will allow the students of Hawaii to play the sports that they look forward to, while also being able to entrust the adults around them to keep them safe and/or properly address an injury such as a concussion. Properly

addressing student injuries will help assure that students continue to progress educationally. For these reasons, I am in support of HB No. 2273, Concussions.

House Bill Number: 2273

Title: Relating to Concussions

Good afternoon, Senators. My name is Grace Gradnigo and I am a sophomore at Moanalua High school. I am testifying on HB No. 2273, which addresses Concussions. H.B. 2273 requires the DOE and HITSAA to develop a concussion awareness program and to provide guidelines to public and private schools.

I strongly support this bill for the following reasons:

There are over 300,000 sports-related concussions which occur each year in the United States; high school contact sports alone account for at least 62,000 of the concussions sustained annually. In many cases, concussions cause significant and sustained neuropsychological injuries in information-processing speed, problem solving, planning, and memory.

While I support the bill, I do not agree with its application. Currently, there is not a widely accepted evidence-based guideline for coaches or trainers can use to be sure the athlete has recovered. At least 14 different concussion scales have been published since 1973, with different criteria for grading concussion severity and resuming athletic activity. Trainers are supposed to work together with licensed physicians/practitioner to determine how much time must pass before an athlete with a concussion can safely return to play or the potential danger of returning too soon. Many athletes resume play prior to resolution of cognitive deficits because coaches and trainers act independently of the provider's recommendations. Often times, trainers or coaches make the determination themselves, going against the physicians' recommendation.

I myself have had two concussions due to a contact sport. My most recent one was in November of last year while playing soccer for Moanalua High School. The day after I was injured, I went to see my doctor. We ran through multiple tests and I passed all of them; he cleared me to return to play two days following my injury. However, the trainers at my school overrode my clearance and made me stop playing sports for about a month. Several times, when I went to visit the trainer, he was not available which further delayed my recovery. During that month, I had to go through a series of computer based cognitive tests. Several times, the trainer did not pass me because I was a few points off the "score" although I was well within a normal range. I felt it wasn't fair or necessary for me to be benched and have to go through all those tests when my doctor had cleared me to play.

The passage of H.B. 2273 will greatly help Hawaii with setting the standard and encourage education on concussions and returning to play guidelines targeted at diminishing the risk of Second-Impact Syndrome. Still, many student athletes feel as if they need to "tough it out" and many athletes are unwilling to report symptoms. Being a student athlete myself, I will honestly say that I have felt the same way. H.B. 2273 will really help because it enforces guidelines and an awareness program. If it is enforced, more people will be aware and fewer kids will get hurt.

Date: March 13, 2012

To: Senator Jill N. Tokuda, Chair
Senator Michelle N. Kidani, Vice Chair
Members of the Education Committee

From: Juenea Dement

Subject: Support of HB2273, concussions; concussion awareness program, school athletics

I am in support of HB2273, and would like to share my opinion. I believe that passing this bill will benefit many Hawaii's students. Over the past 4 years the number of concussions related injuries among student athletes have increased. In the year 2007- 2008, 213 concussions were reported the following year it increased to 314. Last year in 2010 about 446 concussion related injuries were reported, state wide. From the Center for Disease Control and Prevention reported that brain injury from sports activities increased from 153,371 in 2001 to 248,418 in 2009. It is estimated that about 10% of athletics in America get a concussion through a game or practice. Out of 50 states 31 and the District of Colombia have passed bills related to concussion management and 7 other states are in legislative pending.

From the NFHS or National Federation of State High School Association survey showed that 55.2% of students who go to school participate in sports. This makes the number of concussions increasingly high. If this bill is passed and this program is put into all high schools around the state it would benefit many. This program will share awareness to athletes, parents, coaches, trainers, and AD's, and will allow them to further know about the effects of concussions and will be able to further prevent it in their schools. This program will make people more cautious about concussions and be more careful when playing sports.

Thank you for your time. I am in full support of HB2273 and I hope that you will support this bill as well.

Mahalo!

Erin Conner

From: mailinglist@capitol.hawaii.gov
Sent: Tuesday, March 13, 2012 11:52 AM
To: EDU Testimony
Cc: tourdoc@hotmail.com
Subject: Testimony for HB2273 on 3/16/2012 1:20:00 PM

Testimony for EDU/HTH 3/16/2012 1:20:00 PM HB2273

Conference room: Auditorium
Testifier position: Support
Testifier will be present: No
Submitted by: Robert Sloan
Organization: Individual
E-mail: tourdoc@hotmail.com
Submitted on: 3/13/2012

Comments:

I would support any measure to improve the understanding, awareness, and management of brain injury in children. Concussive brain injuries are more common and more serious than previously thought. Education and guidelines need to be evidence based and from an authoritative source. In California 20 years ago the Sacramento Sports Medicine and Fitness Council, of which I was President, was instrumental in passing a Senate Bill requiring education of coaches in injury care and specifically concussion management. The coaches clinics were provided by my organization for yearly certification. Our bill also required that Athletic trainers be in attendance at all high impact sports events.

While athletic trainers should be at the forefront as first responders with a high index of suspicion and specific training in concussion care, additional training for the coaches is necessary for collaborative effort.

Please ensure that this training is from authoritative sources, evidence based if possible, and includes guidelines that require expert evaluation post injury, by brain injury specialists, usually a neurologist or physiatrist, but may also include other specialists with fellowship training in sports medicine, for return to play recommendations.