

Albany Police Activities League Concussion Policy

Concussion Training All coaches will submit proof of completion of recognized training on concussions which includes (but not limited to)

- Understanding a concussion and the potential consequences of this injury,
- Recognizing concussion signs and symptoms and how to respond,
- Learning about steps for returning to activity (play and school) after a concussion, and
- Focuses on prevention and preparedness to help keep athletes safe season-to-season.

Coaches must complete concussion training at least every two (2) years.

A concussion information sheet will be included in the APAL registration packet and receipt and review must be acknowledged by signature of both participant and parent or guardian and submitted at 1st practice.

Athletes suspected of having sustained a concussion will be immediately removed from play for the remainder of the day. Inform the athlete's parents/guardians about the possible concussion. Ensure they know the athlete must be seen by a health care professional experienced in evaluating concussions.

No return to play without written medical clearance. Athletes who have been removed may not return to play until he or she is evaluated and has received written clearance from a licensed health care provider trained in the management of concussion acting within the scope of his or her practice.

Mandated graduated return-to-play protocol If a licensed health care provider determines that an athlete sustained a concussion or a head injury, the athlete must complete a graduated return to play protocol of no less than seven days in duration under the supervision of a licensed health care provider. Due to the age of APAL athletes it is recommended he or she wait 7 days before even beginning the return to play protocol.