



Dear Anaheim Ducks High School Hockey League Families,

By now you are all aware that our organization, our state affiliate (CAHA) and the Pacific District all take concussion education very seriously. We have made a commitment to be fully in compliance with the Pacific District Concussion Program.

Many of you may not be aware that the State of California has expanded the legislation regarding concussions in youth athletes to include all recreational programs, not just schools. To meet those requirements, CAHA now provides tools and materials for the use of their membership to be confident in compliance with state legislation (California Health and Safety Code 124235, chapter 516).

Below is a summary of the existing Pacific District Protocol, and the requirements of the new legislation is shown **in red**:

- Parents/Guardians: Concussion education must be provided, and an annual acknowledgement must be signed. This is already in place (completed during tryout process).
- **New!** Coaches: One-time concussion education is mandatory, and proof of completion must be provided to the Association prior to participation. \*The USA Hockey CEP and coaching modules meet the education requirement. The CAHA annual acknowledgement must still be signed.
- **New!** Association Administrators: One-time concussion education is mandatory, and proof of completion must be provided to the Association prior to participation. The recommended online course is through the Centers for Disease Control at this link: <https://www.cdc.gov/headsup/youthsports/training/index.html>. Send the completion certificate to your association registrar (or other designee) when completed. \*An Association Administrator is anyone who has a leadership role within the youth sports organization.
- **New!** Athletes: Providing annual concussion education is mandatory, and receipt by the athlete must be acknowledged with a signature, prior to participation. This requirement can be met in a number of ways, and will be managed by each association at the start of season participation.
- **Our organization will meet this requirement in the following way: Attached to this email you will find a concussion education sheet provided by the Centers for Disease Control (CDC). This form must be printed, read by both parent/guardian and athlete, and signed by both. The signature portion must be returned to the team manager, prior to participation. There will be no exceptions to this requirement.**
- **New/Revised** – Concussion Evaluation and Return To Participation Protocol:
- An athlete who is suspected of sustaining a concussion or other head injury in an athletic activity shall be immediately removed from the athletic activity **for the remainder of the day**, and;
  - shall not be permitted to return to any athletic activity until he or she is evaluated by a licensed health care provider, and receives written clearance to return to athletic activity from a licensed health care provider.
  - **If the licensed healthcare provider determines that the athlete sustained a concussion or other head injury, the athlete shall also complete a graduated return-to-play protocol of no less than seven days in duration under the supervision of a licensed health care provider.**



- The new USA Hockey concussion management program Return to Sport criteria has been added to the back of the evaluation and return to participation form. *\*Note: This form is a guideline and resource for parents and medical providers, but medical providers may use their own form as acceptable clearance of return to participation, as long as the course of treatment, and the date of return, is clear.*

As always, I am very proud of our ADHSHL families for understanding that athlete safety comes first. Your understanding and commitment to keeping our athletes safe will continue to add to our success as an organization, and to the success of every individual athlete.

Sincerely,

Matt Blanchart, Commissioner