



Michigan's Sport Concussion Law

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. The effects of a concussion can be serious, and youth still healing from a concussion are at increased risk for a subsequent concussion. Repeat concussions can increase recovery time and in rare cases, can increase the chances of long-term problems (e.g., permanent brain damage) and can even be fatal.¹

Each year, it's estimated that *approximately 1.6 million to 3.8 million* sport-related TBIs occur in the U.S., including TBIs for which no medical care is pursued.²

CURRENT MICHIGAN LAW (2013)

On June 30, 2013, Michigan's sport concussion law went into effect, making Michigan the 39th state to enact a law regulating concussions in youth sports and return to "athletic activity" (i.e., a program or event including practice, competition against another team, club, entity or individual, or participation in physical education classes that are a part of a school curriculum).^{3,4}

Concussion Awareness Training

Coaches, employees, volunteers, and other adults involved with a youth athletic activity sponsored or supported by an organizing entity are required to take a concussion awareness online training program with content approved as compliant with the law.⁵

Educational Training

The organizing entity must: a) provide educational materials to each athlete and their parent/guardian on concussions and their consequences, and b) obtain a signed statement by each athlete and their parent/guardian acknowledging receipt of the materials.⁵

WHAT SHOULD YOU DO IF A CONCUSSION IS SUSPECTED?

1. Remove the athlete from play.

Any youth athlete *suspected* of sustaining a concussion during the athletic activity must be immediately removed from physical participation. A coach or other adult employed by or volunteering for the organizing entity can remove the athlete from play.⁵

2. Ensure the athlete is evaluated.

Until the athlete is medically evaluated by an **appropriate health professional* experienced in evaluating for concussions** (e.g., doctor, athletic trainer), the athlete cannot return to play. A parent,

coach, or person not licensed by the state, *cannot* examine the athlete for a concussion or put the athlete back to play. This violates the law.^{4,5}

3. Follow the return-to-play plan.

To return to physical participation, the youth athlete suspected of sustaining a concussion must be evaluated and receive written clearance from an appropriate health professional* authorizing return to physical activity.⁵ Medical clearance should only be provided if an athlete is symptom free and completes a graduated return-to-play plan.¹

* A health professional licensed by the state of MI and whose scope of practice includes recognition, treatment, and management of concussions.⁴

References

- Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, Division of Unintentional Injury Prevention. HEADS UP. http://www.cdc.gov/headsup/basics/concussion_what.html. Updated February 16 2015. Accessed March 2 2016.
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- Michigan Legislature. Public Act 342 of 2012 (Effective: 3/28/2013). [http://www.legislature.mi.gov/\(S\(sahv10dc2wswvzd310ywouyu\)\)/mileg.aspx?page=getObject&objectName=2012-SB-1122](http://www.legislature.mi.gov/(S(sahv10dc2wswvzd310ywouyu))/mileg.aspx?page=getObject&objectName=2012-SB-1122). Accessed March 1 2016.
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