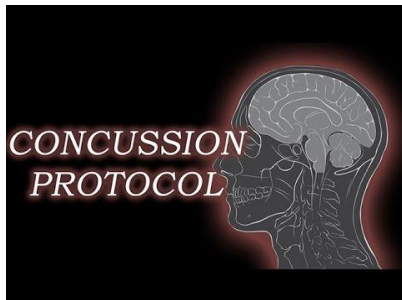


AB 379

Assembly Bill 379 approved in August 2019 requires youth sports organizations in which persons 17 years of age or younger to follow specified protocols with respect to concussions and other head injuries as well as sudden cardiac arrest prevention. Please go through the below free courses to be educated on how to handle these situations when on the field with our youth.

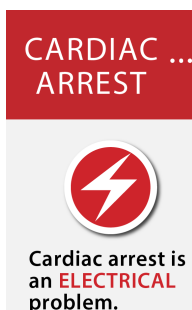


Concussion Protocol

The NFHS has teamed up with the Centers for Disease Control and Prevention (CDC) to educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. This course highlights the impact of sports-related concussion on athletes, teaches how to recognize a suspected concussion, and provides protocols to manage a suspected concussion with steps to help players return to play safely after a concussion. Each state's requirements for concussion management are included as part of the course.

- Free Course: <https://nfhslearn.com/courses/concussion-in-sports-2>
- Click here to view a helpful infographic that debunks 5 Myths about concussions
- Click here for more helpful information from the CDC regarding concussions

The La Costa Youth Organization return to play policy requires that any player who has sustained a head injury or who is suspected of having sustained a head injury must visit a licensed health care professional for evaluation and clearance, AND sign (for youth players have a parent/legal guardian sign) a head injury information/awareness sheet before returning to practice or game play.



Sudden Cardiac Arrest Protocol

Sudden Cardiac Arrest is the number one cause of death in the United States for student athletes during exercise. Caused by a structural or electrical problem associated with the heart, Sudden Cardiac Arrest happens when the heart unexpectedly stops beating and pumping blood. With content developed by Simon's Heart, this course will help you learn and recognize the warning signs and symptoms of Sudden Cardiac Arrest. Also included are tips for what to do in the critical moments after an individual suddenly collapses in order to save their life.

- Free Course: <https://nfhslearn.com/courses/sudden-cardiac-arrest>