

## **Brain Injury and Concussion**

An Acquired Brain Injury (ABI) is any type of damage to the brain acquired after birth. ABIs are classified as either:

- Non-traumatic - caused by either an internal or external source, such as stroke, brain tumors, infection, poisoning, hypoxia, ischemia, encephalopathy or substance abuse.
- Traumatic Brain Injury (TBI) - a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. Not all blows or jolts to the head result in a TBI. The severity of such an injury may range from “mild,” i.e., a brief change in mental status or consciousness to “severe,” i.e., an extended period of unconsciousness or amnesia after the injury. A TBI can result in short or long-term problems with independent function.



Concussion is a traumatic brain injury that alters the way your brain functions. Effects are usually temporary, but can include problems with headache, concentration, memory, judgment, balance and coordination. In the Fall of 2004, Jake Snakenberg was a freshman football player at Grandview High School in Colorado. He likely sustained a concussion in a game the week prior, however, he did not fully understand that he had experienced a concussion and he did not report his symptoms to anyone. One week later, Jake took a typical hit in a game, collapsed on the field and never regained consciousness. Jake passed away from “Second Impact Syndrome” on September 19, 2004.

On October 4, 2011, California Governor Jerry Brown signed the state's youth sports concussion safety law (AB 25), adding the state to growing list that have enacted a strong concussion safety law since May 2009.\*

### Key provisions

- Broad coverage: The law covers all athletes participating in school-sponsored athletics and organizations that use public school facilities for youth sports.
- Education: In order to participate in athletics, students and a parent or guardian must sign and return to the student's school each year a form acknowledging receipt and review of a concussion and traumatic brain injury information sheet.
- Immediate removal from play in case of suspected concussion: Athletes suspected of having sustained a concussion must be immediately removed from play for the remainder of the day.
- No return to play without written medical clearance: Athletes who have been removed may not return to play until evaluated and received written clearance from a licensed health care provider trained in the management of concussion acting within the scope of his or her practice.
- No change in immunity: Existing law on civil liability on the part of any school or employee is left unchanged.

In August 2012, California strengthened its youth sports concussion safety law by adding training on concussions to the first aid certification required of all California high school coaches

Read more: <http://www.momsteam.com/california/youth-sports-concussion-safety-laws-california#ixzz2tt9bhWLr>

YouTube Video about Concussion Basics (5 mins). [http://www.youtube.com/watch?v=zCCD52Pty4A&feature=mfu\\_in\\_order&list=UL](http://www.youtube.com/watch?v=zCCD52Pty4A&feature=mfu_in_order&list=UL)

