



STATE OF CONNECTICUT
STATE BOARD OF EDUCATION



TO: Superintendents of Schools

FROM: Dr. Dianna R. Wentzell, Commissioner of Education *DW*

DATE: August 24, 2015

SUBJECT: July 1, 2015, State Board of Education Meeting
Concussion and Sudden Cardiac Arrest Documents

At the July 1, 2015, State Board of Education meeting, the Board approved the following resolutions:

Resolution VI. B.: RESOLVED, That the State Board of Education, pursuant to Subsections (b) and (e) of Section 10-149b of the Connecticut General Statutes (C.G.S.): *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education. Revocation of coaching permit,* approves the coaches' concussion courses, the Connecticut Interscholastic Athletic Conference (CIAC) training module for football coaches, the coaches' concussion annual review materials, parent/legal guardian informed consent form regarding concussions and directs the Commissioner to take the necessary action.

Resolution VI. C.: RESOLVED, That the State Board of Education, pursuant to Subsections (b) and (c) of Section 10-149f of the Connecticut General Statutes (C.G.S.): *Sudden cardiac arrest awareness education program. Consent form,* approves the Connecticut Department of Education's Sudden Cardiac Arrest Awareness Parent and Legal Guardian Informed Consent Form and the Sudden Cardiac Arrest Awareness Annual Review for coaches and directs the Commissioner to take the necessary action.

The resulting documents are as follows:

Concussion:

- **Connecticut Interscholastic Athletic Conference (CIAC) Coaches' Concussion Course:** This course is available through the CIAC and is required of all interscholastic and intramural coaches to receive a coaching permit from the State Department of Education and also to renew such permit every five years. For more information regarding this course, please visit the CIAC Web page at: <http://concussioncentral.ciacsports.com/>.
- **CIAC Training Module for Football Coaches:** For more information regarding this course, please visit the CIAC Web page at: <http://concussioncentral.ciacsports.com/>.

- **Coaches' Concussion and Head Injury Annual Review Materials:** This review is required to be completed annually by all interscholastic and intramural coaches to maintain a coaching permit. These materials are at: http://www.sde.ct.gov/sde/lib/sde/pdf/deps/concussion/coaches_concussion_and_head_injury_annual_review_materials.pdf.
- **Student and Parent Concussion Informed Consent Form:** This form must be reviewed and signed by each student athlete and parent or legal guardian prior to the start of the season of any interscholastic or intramural athletic activity. The form is located at: http://www.sde.ct.gov/sde/lib/sde/pdf/deps/concussion/student_and_parent_concussion_informed_consent_form.pdf.

For the school year commencing July 1, 2015, each student athlete and a parent or guardian of such student athlete, must read written materials, view online training or videos or attend an in-person training regarding the concussion education plan prior to the start of the season of any interscholastic or intramural athletic activity. The **Concussion Education Plan and Guidelines for Connecticut Schools**, approved by the State Board of Education on January 7, 2015, are at: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=335572>.

Sudden Cardiac Arrest:

- **Coaches' Sudden Cardiac Arrest Awareness Annual Review:** This review is required to be completed annually by all interscholastic and intramural coaches in order to maintain a coaching permit and can be found at: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2613&q=321392>.
- **Parent and Legal Guardian Sudden Cardiac Arrest Awareness Informed Consent Form:** This form is required to be reviewed and signed by a parent or legal guardian of each student athlete prior to the start of the season of any interscholastic or intramural athletic activity. The form is located at: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2613&q=321392>.

Additional details can be found in the attached July 1, 2015, executive summaries to the State Board of Education. For more information regarding these materials and eligibility requirements for coaching permits, please visit the CSDE Certification Web page at: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2613&q=321392>.

DRW:er

Attachment (2)

**CONNECTICUT STATE BOARD OF EDUCATION
Hartford**

TO: State Board of Education

FROM: Dr. Dianna R. Wentzell, Commissioner of Education

DATE: July 1, 2015

SUBJECT: Approval of the Coaches' Concussion Courses, Annual Review Materials and Informed Consent Form

Executive Summary

Introduction

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head that can change the way the brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Each year, emergency departments in the United States treat an estimated 173,285 sports- and recreation-related traumatic brain injuries, including concussions, among children and adolescents, from birth to 19 years.

The severity of a traumatic brain injury or concussion may range from "mild," (such as a brief change in mental status or consciousness), to "severe," (such as an extended period of unconsciousness or amnesia after the injury). Concussions can cause a wide range of functional short- or long-term changes affecting thinking, sensation, language, or emotions. Repeated mild TBIs occurring over an extended period of time (months, years) can result in cumulative neurological and cognitive deficits. Repeated mild TBIs occurring within a short period of time (hours, days, or weeks) can be catastrophic or fatal.

Background

Subsection (b) of the Connecticut General Statutes (C.G.S.) Section 10-149b: *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education. Revocation of coaching permit*, requires that any person who holds or is issued a coaching permit by the State Board of Education and is a coach of intramural or interscholastic athletics, complete an initial training course regarding concussions developed or approved by the State Board of Education, in consultation with the Commissioner of Public Health, the governing authority for intramural and interscholastic athletics, an appropriate organization representing licensed athletic trainers, and an organization representing county medical associations.

Such training course must include information about the recognition of the symptoms of a concussion, the means of obtaining proper medical treatment for a person suspected of having a concussion, and the nature and risk of concussions, including the danger of continuing to engage

in athletic activity after sustaining a concussion and the proper method of allowing a student-athlete who has sustained a concussion to return to athletic activity.

Subsection (a)(2) of Section 10-149b also requires that any coach who has completed the initial training course must annually review current and relevant information regarding concussions. The statute further requires (in Subsection (b)(2)) that the State Board of Education develop or approve such annual review materials. The State Board of Education, in consultation with the organizations described above, must also develop or approve a refresher course regarding concussions, which coaches must, as a condition of the reissuance of a coaching permit by the State Board of Education, successfully complete every five years. Such refresher course must include: an overview of key recognition and safety practices; an update on medical developments and current best practices in the field of concussion research, prevention and treatment; an update on new relevant federal, state and local laws and regulations; and, for football coaches, best practices regarding coaching the sport of football including the frequency of games and full contact practices as identified by the governing authority for intramural and interscholastic athletics (i.e., Connecticut Interscholastic Athletic Conference - CIAC).

The concussion materials presented to the Board were developed by the CIAC and reviewed and updated by the Youth Concussion Advisory Group in response to C.G.S. Section 149b. The Youth Concussion Advisory Group was convened by the State Department of Education (CSDE) and comprised of representatives from the Connecticut Department of Public Health (DPH), the CIAC, the Connecticut Athletic Trainers Association (CATA), and the Connecticut State Medical Society (CSMS). Comments and feedback have also been received from stakeholder groups.

Recommendation and Justification

I recommend that the State Board of Education approve: 1) the coaches' concussion course to serve as both the initial course and the five-year refresher course, 2) the CIAC training module for football coaches, 3) the annual review materials, and 4) the informed consent form.

Policy Implications

The combination of the coaches' concussion education materials and the detailed concussion information contained in the informed consent for parents and guardians, helps to ensure that the adults in the school community who have responsibility for students' health and safety, understand the legal requirements and best practices in the prevention, recognition and treatment of concussions to keep student-athletes healthy and safe.

Follow-up Activities

Following approval, the CIAC will utilize the courses to provide training to coaches in coordination with the Connecticut Association of Athletic Directors (CAAD). The CSDE verifies with the CIAC the names of individuals who have successfully completed the courses necessary to receive or maintain a coaching permit prior to issuing such permit. The CIAC works with the CAAD to ensure that coaches complete the annual review under the supervision of athletic directors and that consent forms are received from parents and legal guardians of student-athletes.

Prepared by:

John Frassinelli, Chief
Bureau of Health/Nutrition, Family Services and
Adult Education

Approved by:

Charlene Russell-Tucker, Chief Operating Officer

**CONNECTICUT STATE BOARD OF EDUCATION
Hartford**

TO: State Board of Education

FROM: Dr. Dianna R. Wentzell, Commissioner of Education

DATE: July 1, 2015

SUBJECT: Approval of the Parent and Legal Guardian Sudden Cardiac Arrest Awareness Informed Consent Form and Sudden Cardiac Arrest Annual Review for Coaches

Executive Summary

Introduction and Background

Subsection (b) of Section 10-149f of Connecticut General Statutes (C.G.S.): *Sudden cardiac arrest awareness education program. Consent form*, requires that, for the school year commencing July 1, 2015, and each school year thereafter, the State Board of Education, in consultation with the Commissioner of Public Health, the governing authority for intramural and interscholastic athletics, an appropriate organization representing licensed athletic trainers, and an organization representing national, state or local medical associations, develop or approve a sudden cardiac arrest awareness education program for use by local and regional boards of education. The program must include: the warning signs and symptoms associated with a sudden cardiac arrest, the risks associated with continuing to engage in intramural or interscholastic athletics after exhibiting such warning signs and symptoms, the means of obtaining proper medical treatment for a person suspected of experiencing a sudden cardiac arrest, and the proper method of allowing a student who has experienced a sudden cardiac arrest to return to intramural or interscholastic athletics.

Any person who holds or is issued a coaching permit by the State Board of Education and is a coach of intramural or interscholastic athletics must complete the Sudden Cardiac Arrest Awareness Annual Review for Coaches prior to commencing the coaching assignment for the season of intramural or interscholastic athletics.

Subsection (c) of C.G.S. Section 10-149f requires the State Board of Education, in consultation with the organizations named above, to develop and approve an informed consent form regarding sudden cardiac arrests to distribute to the parents and legal guardians of students involved in intramural or interscholastic athletics. Such informed consent form shall include a summary of the sudden cardiac arrest awareness education program and a summary of the applicable local or regional board of education's policies regarding sudden cardiac arrest.

For the school year commencing July 1, 2015, and each school year thereafter, any person who holds or is issued a coaching permit by the State Board of Education and is a coach of intramural or interscholastic athletics must, prior to commencing the coaching assignment for the season, provide each participating student's parent or legal guardian with a copy of the informed consent

form and obtain the signature of the parent or legal guardian, attesting to the fact that such parent or legal guardian has received a copy of such form and authorizes the student to participate in intramural or interscholastic athletics.

The State Department of Education (CSDE) developed the annual review and consent forms in consultation with the Connecticut Department of Public Health (DPH), the Connecticut Interscholastic Athletic Conference (CIAC), the Connecticut Athletic Trainers Association (CATA), the Connecticut State Medical Society (CSMS), and experts from the Connecticut Chapter of the American College of Cardiology/Connecticut Cardiology Foundation.

Recommendation and Justification

I recommend that the State Board of Education approve the Sudden Cardiac Arrest Awareness Annual Review for coaches and the Parent and Legal Guardian Informed Consent Form. These materials serve to ensure that coaches and parents/guardians of students participating in intramural and interscholastic athletics understand the signs and symptoms of sudden cardiac arrest and related policies and procedures, and work together to keep student athletes healthy and safe.

Follow-up Activities

Following approval, the documents will be available on the CSDE and the CIAC Web sites. The CIAC will also distribute them and provide training through the Connecticut Association of Athletic Directors (CAAD) to ensure that coaches complete the annual review and that consent forms are provided to parents and legal guardians of student-athletes.

Prepared by:

John Frassinelli, Chief
Bureau of Health/Nutrition, Family Services and
Adult Education

Approved by:

Charlene Russell-Tucker, Chief Operating Officer

VI. B.

CONNECTICUT STATE BOARD OF EDUCATION
Hartford

TO BE PROPOSED:
July 1, 2015

RESOLVED, That the State Board of Education, pursuant to Subsections (b) and (e) of Section 10-149b of the Connecticut General Statutes (C.G.S.): *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education. Revocation of coaching permit*, approves the coaches' concussion courses, the Connecticut Interscholastic Athletic Conference (CIAC) training module for football coaches, the coaches' concussion annual review materials, and parent/legal guardian informed consent form regarding concussions, and directs the Commissioner to take the necessary action.

Approved by a vote of 8:0, this first day of July, Two Thousand Fifteen.

Signed: Dianna R. Wentzell
Dianna R. Wentzell, Secretary
State Board of Education

VI. C.

CONNECTICUT STATE BOARD OF EDUCATION
Hartford

TO BE PROPOSED:
July 1, 201

RESOLVED, That the State Board of Education, pursuant to Subsections (b) and (c) of Section 10-149f of the Connecticut General Statutes (C.G.S.): *Sudden cardiac arrest awareness education program. Consent form*, approves the Connecticut Department of Education's Sudden Cardiac Arrest Awareness Parent and Legal Guardian Informed Consent Form and the Sudden Cardiac Arrest Awareness Annual Review for coaches, and directs the Commissioner to take the necessary action.

Approved by a vote of 7:0, this first day of July, Two Thousand Fifteen.

Signed: Dianna R. Wentzell
Dianna R. Wentzell, Secretary
State Board of Education