

DLL California Youth Sports Concussion & Sudden Cardiac Arrest Acknowledgment Form

Required by CA Health & Safety Code §124235

Dear Parent/Guardian and Athlete,

California law requires all youth sports organizations to provide annual education about the risks and protocols related to concussions and sudden cardiac arrest. Both the parent/guardian and athlete must sign this form before participating in practices or games.

Concussion Information Summary:

- Any athlete suspected of sustaining a concussion or head injury must be removed from activity for the remainder of the day.
- They may not return to play until evaluated and cleared in writing by a licensed healthcare provider trained in concussion management.
- A graduated return-to-play protocol lasting at least 7 days is required before resuming activity (see next page).
- DLL will notify a parent/guardian of the time, date, symptoms observed, and any treatment provided for suspected head injuries.

Sudden Cardiac Arrest (SCA) Information Summary:

- Any athlete who faints, passes out, or shows signs of a cardiac event must be immediately removed from activity.
- Return to play is only permitted after written clearance from a licensed healthcare provider.
- Symptoms of cardiac conditions may include fainting, shortness of breath, chest pain, dizziness, or palpitations.
- Beginning January 1, 2027, AEDs (Automated External Defibrillators) must be accessible during all youth sports practices and competitions. DLL already has an AED which is located in the Managers Office and clearly signed.

Important:

If a DLL player suddenly collapses, becomes unresponsive and is not breathing, they may be experiencing SCA: Call 9-1-1, send someone to obtain the AED (Managers Office - all managers have code). Start hands-only CPR immediately, apply AED pads, and follow step-by-step audio instructions.

DLL Return-to-Play Protocol for Concussions

California Health & Safety Code §124235 Compliance

This document outlines the mandatory 7-day graduated return-to-play (RTP) protocol required by California law following a concussion. This protocol must be followed after a licensed healthcare provider has evaluated and cleared the athlete in writing to begin returning to activity.

Key Requirements:

- Athlete must be removed immediately from activity if a concussion is suspected.
- Written medical clearance is required from a licensed healthcare provider trained in concussion management before beginning this protocol.
- Return to play must follow the step-by-step protocol below, taking no less than 7 days, and must be monitored by a healthcare provider.
- Athlete must remain symptom-free for at least 24 hours at each stage to progress.
- If symptoms return, the athlete must stop activity and return to the previous step after 24 hours of rest.

Graduated Return-to-Play Protocol (Minimum 7 Days)

Day 1: No Activity: Complete physical and cognitive rest.

Day 2: Light Aerobic Activity: Walking, swimming, or stationary cycling at slow pace. No resistance training. Goal: Increase heart rate.

Day 3: Sport-Specific Exercise: Light baseball drills such as throwing, jogging bases. No contact or head impact activities. Goal: Add movement.

Day 4: Non-Contact Training Drills: More complex drills, practice activities. May include resistance training. Goal: Exercise, coordination, and cognitive load.

Day 5: Full-Contact Practice: Full practice under supervision. Goal: Restore confidence, assess functional skills.

Day 6: Rest/Monitoring: No activity. Monitor for delayed symptoms after full contact. Goal: Confirm sustained symptom-free status.

Day 7: Return to Game Play: Full clearance for competition if symptom-free and supervised protocol is complete. Goal: Safe return to full athletic participation.

Notes:

- This protocol is based on current best practices and legally required by California state law.
- All steps must be documented and retained by team officials for liability and compliance.
- Coaches must not allow return to play outside this protocol under any circumstances.

Prior to a team's first practice each season at DLL, every manager, coach, and adult umpire shall:

- a) Familiarize themselves with the CDC publication "Heads Up – Concussion in Youth Sports – A Fact Sheet for Coaches". This publication will be provided to all such individuals by the League Safety Officer or other Board members; and,
- b) Complete the CDC on-line training course at:
<https://www.train.org/cdctrain/course/1089818/>

A copy of the Certificate of Completion for each of the above individuals shall be submitted to the DLL Safety Officer. Any questions related to this policy can be directed to safety@davilittleleague.org.

By signing below, you acknowledge:

- You have been provided this information.
- You understand the signs, symptoms, and required protocols for concussion and SCA
- You agree to comply with all return-to-play rules.
- You understand that participation is not allowed until this form is signed and returned.

Signatures:

Athlete Name: _____

Athlete Signature: _____ Date: _____

(Required if athlete is age 7 or older)

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

For more information about California concussion and sudden cardiac arrest laws: California Health & Safety Code §124235: http://leginfo.legislature.ca.gov/faces/codes_displaySection.xhtml?sectionNum=124235.&lawCode=HSC