

The Livermore Valley Joint Unified School District follows California Interscholastic Federation (CIF) regulation and California state law (AB 25, now Education Code 49475) in order to ensure student-athlete safety during athletic participation. The following regulations are in effect to prevent brain injury because of a concussion:

1. The law requires a student athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.
2. Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice. (This means that the athlete cannot be seen by a nurse practitioner or physician's assistant.) If the athlete did sustain a head injury or concussion, he or she must complete a seven-step return-to-play progression supervised by a physician and athletic trainer in order to return to play. Every step of the progression must be signed off by a designated concussion monitor (athletic trainer). Even if an athlete brings a note stating the he or she is cleared to play, the progression must be completed and signed before the athlete is cleared for participation at any LVJUSD school.
3. Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the athlete and the parent or guardian.

Every 2 years all coaches are required to receive training about concussions (AB 1451).

For additional resources and information:

CIF Concussion Information: <http://cifstate.org/sports-medicine/concussions/index>