

# Coaches Course Syllabus

HB 2038 ~ Natasha's Law

**Introduction:** This syllabus contains an outline of the required elements for the two hour coaches' concussion education training mandated by HB 2038 (Sec. 38.158). The purpose of this syllabus is to provide guidance and consistency for licensed health care providers as they develop the coaches' education course. The most current information about brain injuries in sports should be imparted during the course.

**Note:** The mandated coaches' concussion education course must be fulfilled by September 1, 2012. However, the duration of each educational session is left up to the discretion of the provider. Coaches must complete a total of two hours to fulfill the requirement. This may be in one session or multiple sessions. The coach must provide proper documentation of attendance to the ISD superintendent or the individual designated by the ISD superintendent. Two hours of concussion education training is required every two years and must be completed no later than September 1, 2012 and each subsequent two year period (2014, 2016 etc...)

## 1. Intent of Law

- a. Sec. 38.153 – Appoint Concussion Oversight Team (COT)
- b. COT establishes return to play protocol (RTP)
- c. Sec. 38.154 – COT membership
- d. Sec. 38.155 – Required annual form acknowledging concussion information (UIL approved form)
- e. Sec. 38.156 – Removal from play in practice or competition
- f. Sec. 38.157 – RTP in practice and competition
- g. Sec. 38.158 – Training courses for coaches, athletic trainers, and licensed health care professionals
- h. Sec. 38.159 – Immunity clause
- i. Sec. 38.160 – Commissioner may adopt rules

## 2. Definitions and Facts

- a. Concussion – Sec.38.151 (4) – a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body which may include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms, or altered sleep patterns and involve loss of consciousness.
- b. Concussion Facts
- c. Concussion Myths

## 3. Mechanism of Injury

- a. Direct or indirect blow to the body causing impulsive forces transmitted to the brain
- b. Linear movement
- c. Rotational movement
- d. Movement combinations

4. **Brain Physiology**
  - a. Growth
  - b. Adolescent brain
  - c. Reaction to injury
  - d. Healing process
  
5. **Who is at Risk**
  - a. Gender
  - b. Learning disabilities
  - c. Sport specific risks
  - d. Repeat concussions
  
6. **Signs and Symptoms of a Concussion**
  - a. Physical
  - b. Emotional
  - c. Cognitive
  - d. Sleep
  
7. **Sideline Evaluation**
  - a. Remove from play
  - b. Assessment
  - c. Medical referral and evaluation
  - d. Do not return to play the same day
  - e. Return to play only after satisfying all requirements of TEC 38.157
  
8. **Return to Play Protocols**
  - a. Determined by the COT for the applicable ISD
  - b. Daily assessment tools
  - c. Activity Progressions
  - d. Neurocognitive Testing
  - e. Balance Testing
  
9. **Required Student/Parent RTP Documentation**
  - a. Signed HIPPA consent form
  - b. Written physician clearance
  - c. Signed acknowledgement of immunity clause
  - d. Signed acknowledgement of successful completion of RTP protocol
  - e. Signed acknowledgement of risk for RTP after a concussion
  
10. **Educational Considerations**
  - a. Academic accommodations
  - b. Privacy considerations

**11. Prevention Strategies**

- a. Equipment
- b. Coaching/teaching
- c. Rule compliance/changes
- d. Aggression
- e. Education

**HB 2038 FAQ's**

<http://uiltexas.org/files/health/UII-CMP-FAQ-Resources.pdf>

**HB 2038**

<http://www.capitol.state.tx.us/tlodocs/82R/billtext/html/HB02038F.htm>

## **Organizations (not a complete listing of all organizations):**

**Texas Education Agency**

<http://www.tea.state.tx.us>

**Texas Medical Association**

<http://www.texmed.org/>

**Texas Pediatric Society**

<http://txpeds.org/>

**Brain Injury Association of Texas**

<http://www.biatx.org/>

**Brain Injury Association of America**

<http://www.biausa.org/>

**Centers for Disease Control**

<http://www.cdc.gov/concussion/sports/>

**National Institutes of Health**

<http://www.nih.gov/>

**National Federation of State High School Associations**

<http://www.nfhs.org/>

**Texas High School Coaches Association**

<http://www.thsca.com/>

**Texas Girls Coaches Association**

<http://www.austintgca.com/>

**Texas Association of School Boards**

<http://www.tasb.org/>

**Texas Association of School Administrators**

<http://www.tasanet.org/>

**Texas Charter Schools Association**

<http://www.txcharterschools.org>

**National Collegiate Athletic Association (NCAA)**

<http://www.ncaa.org/wps/wcm/connect/public/NCAA/Student-Athlete+Experience/Student-Athlete+Well+Being/Concussions>

**University Interscholastic League**

<http://www.uiltexas.org/>

**Texas State Athletic Trainers Association**

<http://www.tsata.com/>

## **Resources (not a complete listing of all potential resources):**

**American Academy of Neurology Position Statement**

[http://journals.lww.com/neurologynow/Fulltext/2011/07010/A\\_New\\_Game\\_Plan\\_for\\_Concussion\\_As\\_new\\_research\\_on.11.aspx](http://journals.lww.com/neurologynow/Fulltext/2011/07010/A_New_Game_Plan_for_Concussion_As_new_research_on.11.aspx)

**American Academy of Pediatrics Clinical Report – Sport Related Concussions in Children and Adolescents**

<http://aappolicy.aappublications.org/cgi/reprint/pediatrics;126/3/597.pdf>

**American College of Sports Medicine Team Physician Consensus Statement – Sport Related Concussions**

<http://www.acsm.org/AM/Template.cfm?Section=Clinicians1&Template=/CM/ContentDisplay.cfm&ContentID=4362>

**Brainline.org**

<http://www.brainline.org/>

**Center for Disease Control**

<http://www.cdc.gov/concussion/sports/>

**Clinics in Sports Medicine – University of Pittsburg Concussion Statement**

<http://www.whsaa.org/forms/concussion/clinicsinsportsmedicinepublished2004.pdf>

**Current Sport Related Concussion Teaching and Clinical Practices in Sports Medicine**

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2707074/>

**National Athletic Trainer's Association Position Statement on Sport Related Concussion**

<http://www.nata.org/sites/default/files/MgmtOfSportRelatedConcussion.pdf>

**Prague Conference Position Statement**

<http://www.athletictherapy.org/docs/PragueConcussionArticle.pdf>

**Zurich Conference Position Statement**

<http://sportconcussions.com/html/Zurich%20Statement.pdf>