



ROCKLAND PUBLIC SCHOOLS

Athletic Department

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Concussion Training – Sports Related Head Injury

The department of Public Health in accordance with Massachusetts General Laws now require that all schools subject to the Massachusetts Interscholastic Athletic Association (MIAA) rules adhere to the following Massachusetts General Laws 105 CMR 201.00.

All student athletes and their parents, coaches, athletic directors, athletic trainers, school nurses, and physicians must learn about the consequences of head injuries and concussions through training programs and written materials. The law requires that athletes and their parents inform their coaches about prior head injuries at the beginning of each season. (***Pre Participation Head Injury/Concussion Reporting Form for Extracurricular Activities***). Any student athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from practice or competition and may not return to play until cleared in writing (***Post Sports Related Head Injury Medical Clearance and Authorization Form***) by the student's physician and/or neurologist when appropriate.

Parents and Student athletes who plan to participate in any athletic program at Rockland High School are required to participate in a concussion-training program. Currently there are two free on-line courses available and contain all the information required by state law. One is offered through the National Federation of High School Sports at www.nfhslearn.com/electiveDetail.aspx?courseID=15000. The second on-line course is available through the Center for Disease Control and Prevention at www.cdc.gov/concussion.

Additional Concussion Resources, forms, and the District Concussion Policy can be found on Rockland Public Schools web page (www.rocklandschools.org)

Please sign below that you have read the State Law regarding Sports-Related head injury and concussion, and completed one of the courses listed above. This is required in order to participate on any athletic team at Rockland High School. Thank you for your cooperation.

Parent/Guardian Signature

Date

Student – Athlete Signature

Date