



## Hi Charlevoix County 4-H Sports and Fitness Volunteers:

In order to meet the requirements of the new sports concussion awareness law all coaches, employees, volunteers, and other adults who are involved with a youth athletic activity must complete the concussion awareness on-line training course. Please follow the link below for youth sports training. The video is approximately 30 minutes. Please be sure to print or save the certificate that is offered at the end of the training session and turn it into the 4-H office ASAP or email it to Leah LaVanway at [lj4211@msu.edu](mailto:lj4211@msu.edu) as an attachment. If you have any questions please call 231-582-6232.

### Training Video Link:

<https://www.cdc.gov/headsup/youthsports/training/index.html>

### ***Michigan Sports Concussion Law:***

*A concussion is a brain injury, caused by a blow, bump or jolt to the head that can have serious consequences. It can occur in any sport or recreational activity.*

*Michigan was the 39th U.S. state to enact a law that regulates sports concussions and return to athletic activity. The law goes into full effect on June 30th, 2013.*

*The sports concussion legislation requires all coaches, employees, volunteers, and other adults involved with a youth athletic activity to complete a concussion awareness on-line training program.*

*The organizing entity must provide educational materials on the signs/symptoms and consequences of concussions to each youth athlete and their parents/guardians and obtain a signed statement acknowledging receipt of the information for the organizing entity to keep on record.*

*The law also requires immediate removal of an athlete from physical participation in an athletic activity who is suspected of sustaining a concussion. The student athlete must then receive written clearance from an appropriate health professional before he or she can return to physical activity.*

Thanks,

A handwritten signature in blue ink that reads "Leah LaVanway".

Leah LaVanway  
Charlevoix County 4-H Coordinator

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