

DIOCESE OF ALLENTOWN
Sudden Cardiac Arrest and Concussion Recognition
Requirements and Training



CONCUSSIONS:

- **Every year**, all CYO Coaches are required to complete the free, online **Heads-Up Concussions in Youth Sports** training course **BEFORE** coaching any CYO sport. The training program is available through the Center for Disease Control and Prevention (CDC) website:

<http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html>

Download and save a copy the Certificate of Completion provided at the conclusion of the on-line course . Coaches must provide a printed copy of the certificate to the Office of Youth and Young Adult Ministry with the team rosters for each sport they are coaching.

- **At the beginning of every season, prior to engaging in any athletic activity,** every Student/Athlete and the Parent/Guardian of the Student/Athlete must read and sign the **Parent/Athlete Concussion Information** form. Coaches must collect and retain the signed forms until the end of the season.
- Any Student/Athlete suspected of having received a concussion must be immediately removed from play and be given the “Heads Up Concussion in Youth Sports Fact Sheets” for both Athletes and Parents.
- Any Student/Athlete who has a concussion **must obtain medical clearance** before being allowed to return to practice or competition. The medical clearance form should be destroyed at the end of the season.



SUDDEN CARDIAC ARREST:

- **Every year**, all Coaches are required to read and sign **the Sudden Cardiac Arrest Education and Information** form, **BEFORE** coaching any CYO sport.

Coaches must submit the signed form to the Office of Youth and Young Adult Ministry with the team rosters.

- **Every year**, Coaches must distribute to all Student/Athletes and their Parent/Guardians to read and sign the:

“Athlete/Parent/Guardian Sudden Cardiac Arrest Symptom and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form”.

Coaches must collect and retain the signed forms until the end of the season.