



NMAA in Partnership with NMSBA

Presented by

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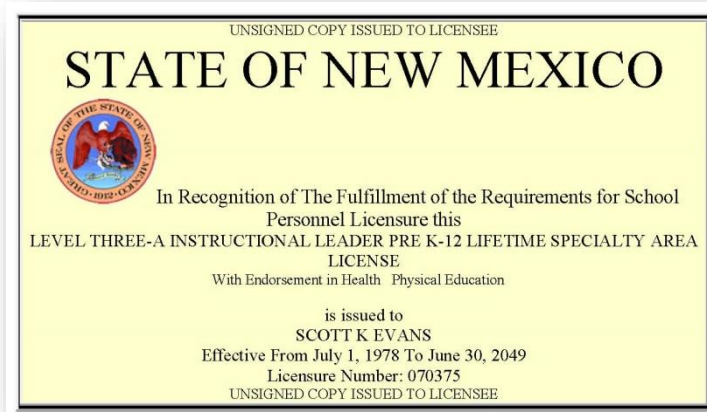
COMPETE *with* CLASS

RESPECT ★ INTEGRITY ★ RESPONSIBILITY

NEW MEXICO
NATIONAL
GUARD

Coaching Licensure Requirements for all Member Schools

- **Required for all Member Schools**
- **License – not just the Class**
- **PED – First Aid, Health & Safety for Coaches – Level 1**



FAIR LABOR STANDARD ACT (FLSA)

- Beginning December 1, 2016
- Exempt Employees – no change
 - Teacher + Coach
- Non-Exempt Employees not making more than \$47,476 – must pay time and a half for work over 40 hours
 - Example – Secretary + Coach, EA + Coach, Custodian + Coach
- Visit with your Business Manager and Superintendent about issue

Concussion Requirements for Schools

- **CONCUSSION MANAGEMENT**
- <http://www.nmact.org/sports-medicine-advisory-committee>

NMAA
Athletic Program Requirements
Senate Bill 137;
Concussion Law
Grades 7 - 12

Athletic Directors must make sure the following four requirements are met annually:

- 1. NFHS Concussion in Sports; What You Need to Know:**
<http://nfslearn.com/courses/61037>
Current Certificate of Course Completion on file for each coach
- 2. NMAA's Fact Sheet for Coaches**
http://www.nmact.org/files/Facts_4_Coaches.pdf
Signed form on file for each coach
- 3. NMAA's Fact Sheet for Athletes/Parents**
http://www.nmact.org/files/Facts_4_Families.pdf
Signed form on file for each Athlete and Parent
- 4. Return-to-Play Guidelines**
Each school is required to follow their District's Return-to-Play Guidelines
(See return-to-play minimum requirements below)

[Click here for additional information and resources for parents, athletes and coaches](#)

NMAA
New Mexico Activities Association
CONCUSSION IN SPORTS

A Fact Sheet for COACHES and TEACHERS

THE FACTS

- A concussion is a brain injury.
- All concussions are serious.
- Concussions can occur without loss of consciousness.
- Concussions can occur in any sport.
- Recognition and proper management of concussions when they first occur can help prevent further injury or even death.

WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

The potential for concussions is greatest in athletic environments where collisions are common. Concussions can occur, however in any organized or unorganized sport or recreational activity.

INSIST THAT SAFETY COMES FIRST

- ✓ Teach athletes safe playing techniques and encourage them to follow the rules of play.
- ✓ Encourage athletes to practice good sportsmanship at all times.
- ✓ Make sure athletes wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- ✓ Review the athlete fact sheet with your team to help them recognize the signs and symptoms of a concussion.

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A Fact Sheet for Athletes and Parents

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WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

<p><i>Observed by the Athlete</i></p> <ul style="list-style-type: none"> • Headache or "pressure" in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Bothered by light • Bothered by noise • Feeling sluggish, hazy, foggy, or groggy • Difficulty paying attention • Memory problems • Confusion • Does not "feel right" 	<p><i>Observed by the Parent / Guardian</i></p> <ul style="list-style-type: none"> • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (even briefly) • Shows behavior or personality changes • Can't recall events after hit or fall • Appears dazed or stunned
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WHAT TO DO IF SIGNS/SYMPTOMS OF A CONCUSSION ARE PRESENT

<p><i>Athlete</i></p> <ul style="list-style-type: none"> • TELL YOUR COACH IMMEDIATELY! • Inform Parents • Seek Medical Attention • Give Yourself Time to Recover 	<p><i>Parent / Guardian</i></p> <ul style="list-style-type: none"> • Seek Medical Attention • Keep Your Child Out of Play • Discuss Plan to Return with the Coach
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It's better to miss one game than the whole season.

Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

COMMUNITY USE OF SCHOOL FACILITIES

Non-scholastic Sport Users Certification

As a condition of permitting non-scholastic youth athletic activity in practice or preparation for an organized athletic game or competition against another team, club or entity to take place on school district property, the superintendent requires the person offering the non-scholastic youth athletic activity to sign this certification that the non-scholastic youth athletic activity will follow the brain injury protocols established pursuant to Section 2 of 20-12-3-1 N.M.S.A. 1978 regarding brain injury protocols, coaches training and information to be provided to parents or guardians and signatures to be received from them.

Print Name _____

Signature _____ Date _____

I hereby certify that I am authorized by user to make this certification and to make all representations on behalf of: _____

Non-scholastic Sport User Organization _____

Non-scholastic requirements under SB137

- Youth athletic leagues shall ensure coaches receive training in concussion awareness and management (to be completed annually).
 - NFHS Concussion Course: <http://nfslearn.com/courses/61037/concussion-in-sports>
 - Coach Fact Sheet: http://www.nmact.org/files/Facts_4_Coaches.pdf
- At the beginning of each athletic season youth athletic leagues shall provide a brain injury information sheet to parents and athletes to be signed and submitted prior to participation.
 - Family Fact Sheet: http://www.nmact.org/files/Facts_4_Families.pdf
- Coaches must immediately remove athletes from participation when signs/symptoms of a concussion are present.
- Coaches must not allow youth athletes to return to play for a minimum of 240 hours and must be released by an appropriate medical professional (MD, DO, PA, CNP, PT, Licensed Psychologist, Licensed Athletic Trainer).

This form and additional resources can be found by clicking the link below:
<http://www.nmact.org/sports-medicine-advisory-committee>

Life of an Athlete

www.lifeofanathlete.com

