

Michigan's Sport Concussion Laws

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head, or by a hit to the body that causes the head and brain to move rapidly back and forth.¹

Concussions can be serious. Returning to activity too early, along with improper diagnosis and treatment, can lead to an increased risk of future concussions. Repeat concussions can increase recovery time and the risk of long-term problems.

Concussion legislation aims to help improve the safety of young athletes.

The law has two main components: **education** and **concussion management** requirements.

Education Requirements

Required Educational Materials for Students and their Parents/Guardians



The organization or school must provide educational materials about concussions to each youth athlete and their parent/guardian. Each athlete and their parent/guardian should sign and turn in a statement acknowledging they received the materials. The Michigan Department of Health and Human Services (MDHHS) has provided approved [concussion awareness training and education materials](#).

Required Concussion Awareness Training for Adults



Coaches, employees, volunteers, and other adults involved with youth athletic activity must take an approved concussion awareness online training program, such as [the University of Michigan's Michigan Sport-Related Concussion Training Certification Course](#), at least every three years.



Concussion Management Requirements

When There Is a Suspected Concussion, Remove Athlete from Play and Get Them Evaluated



A coach or another adult present must remove a youth athlete suspected of a concussion from play. This includes practices and competitions. The athlete cannot return to the activity until they are medically examined and cleared by an appropriate health professional*.

Only Return to Play After They Have Written Clearance By a Health Professional



Return to play can happen after an appropriate health professional* gives written medical clearance. Parents, coaches, or anyone not licensed by the state cannot put the athlete with a suspected or confirmed concussion back into play. The athlete should be symptom-free and complete a graduated return-to-play plan determined by their health professional. Working through all the stages can take a week to a month.

**A health professional licensed by the state of Michigan whose scope of practice includes recognition, treatment, and management of concussions. This includes professionals such as athletic trainers and physicians.*

For more information on the law and recommended education materials, visit the Michigan Health & Human Services Michigan Sports Concussion Law web page at michigan.gov/mdhhs/safety-injury-prev/publicsafety/concussion, or scan the code below.



Reference

1. Langlois JA, Rutland-Brown W, Wald MM. The epidemiology and impact of traumatic brain injury. *J Head Trauma Rehabil* 2006;21: 375–8. doi: [10.1097/00001199-200609000-00001](https://doi.org/10.1097/00001199-200609000-00001)



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