



**Concussion & the Swim Official**  
**Lindsay's Law**  
**AED**

**2019 Operational Risk Zone Workshop**

**Starre Haney RN, MS**

**&**

**Mary Jo Swalley Chair Operational Risk Committee,  
Past VP USA Swimming**



# History

- NFL Concussion and Chronic Traumatic Encephalopathy-CTE
- Concern for high school athletes
  - States developed laws for high school coaches requiring education
    - Then required athlete concussion education
  - Then all youth sports coaches and athlete education
- Sudden Cardiac Arrest education is also starting



# Officials

Now states are requiring officials to have concussion education defining:

What a concussion is

Signs and symptoms

Remove from play

When can the athlete return to play

Who can release the athlete to return to play



## State Laws Vary

- State Laws may specifically refer to officials or they may refer to administrators, umpires or volunteers
- These other categories refer to those who control the field of play - which covers officials



# Examples

- CA, FL, Ohio, MN, Oregon, IL, Idaho, Hawaii all require training for what we would consider officials
- Iowa (contest official who observes an athlete suffering a concussion must remove the athlete from play)
- LA (concussion training information must be provided to officials)
- Oregon – umpire training
- RI – volunteer training
- MI – volunteers are to be provided with training material
- ND – officials (student athletes) must have training
- Other states require athlete education only



# USA Swimming Operational Risk Consensus Paper

- Each club, LSC, and meet hosts are responsible for compliance with state laws regarding concussion management and education



# Official Education

- Need to follow the state regulation requiring concussion education for officials that affects your LSC
  - **Or the LSC where you will be officiating**
- Concussion training-
  - CDC program or NFHS (high school athletic association) concussion training may be required (or may meet the state regulations)
  - Officials need to follow the state regulations regarding the required education and treatment for concussions
- USA Swimming will be adding a place in SWIMS for the concussion training and date received for coaches and officials



# CDC and National Federation State High School Associations

- CDC has on line concussion training for health care providers and coaches
- NFHS/CDC Joint course

<https://nfhslearn.com/courses/61151/concussion-in-sports>

- Take a course, print the completion certificate and forward to your LSC registrar





# Swimming

- In our sport the Meet Ref is the person in charge at a swim meet
- If a concussion occurs at a swim meet, it is now the meet referee's responsibility:
  - To determine if there is a possible concussion
  - Bar the swimmer from further competition or warm up until released by a health care provider trained in concussion recognition and treatment
    - State law or rules and regs will differ on who the health care provider can be
      - Might be an MD, DO, APRN, athletic trainer, school nurse



# How the Concussion can Happen in Swimming

- Collision in the pool
- Bottom strike
- Hitting head on the end of the pool
- Fall- on deck; in the locker room etc.
- Struck by equipment



## If a Possible Concussion Occurs

- Referee must be notified and observe the evaluation
- Symptoms may develop immediately or more slowly
- After injury event, the swimmer should be out of the pool-sitting in the shade or away from the pool area and should be evaluated and observed
- Don't let the swimmer go off to the locker room by themselves
- Someone needs to be with them at all times



# What you may see if a Concussion happens

- Swimmer complaints:
  - Headache
  - Nausea
  - Vomiting
  - Dizziness
  - Blurry Vision





## What you may see, continued

- Others may see:
  - Athlete seems “out of it“- or confused
  - Balance problems- can’t walk well
  - Amnesia
  - Loss of consciousness





## If a Concussion occurs, continued

- If parent is there, you may release the swimmer to the parent with instructions for rest, close observation, and to take to the emergency department if symptoms are present
- Call 911 if swimmer is unconscious, confused or having vomiting
- Print the USA Swimming Head Injury information sheet for the swimmer, parent and coach
- If the parent is not present at the meet, a coach will need to accompany the swimmer for medical care
- Be sure the Report of Occurrence is completed



## If a Concussion is Diagnosed

- \*\* Generally rest for 24-48 hours is needed before evaluation for return to swim should occur
- If the swimmer returns to the meet they must give the referee a signed medical release in order to warm up or compete
  - \*Who may sign that release will vary depending on state regulations
  - \*You need to know your state regs



## Be Aware

- Return to swim protocol is a slow process
- Swimmer must not have symptoms to progress to the next level of activity
- As the meet ref, you don't need to know the entire protocol
- But you need to be part of the team that ensures the swimmer does not return to swim too early





## Goal

- Prevent a possible second injury
- If they return to the pool too soon, a second injury can cause even more damage



Our swimmers have only 1 brain  
help them protect it



Questions ?



# Lindsay's Law

## Sudden Cardiac Arrest

- Leading cause of SUDDEN death in youth athletes
- Ohio Law addresses Sudden Cardiac arrest in youth athletes
- Ohio's Law went into effect in 2017
- Purpose to inform and educate students and youth athletes participating in or desiring to participate in an athletic activity, their parents, and their coaches about the nature and warning signs of sudden cardiac arrest.



# Warning Signs

- If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.
  - If family history athlete must be cleared by a healthcare provider- law is specific



# Warning Symptoms for Young Athletes

- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats
  - Should be evaluated by your health professional



# Ohio's Law

- All youth organizations with athletes under age 19 must comply with the law
- Any team participating in an event in Ohio must also comply
- All schools, club sports practices as well as competitions
- All parents, athletes and coaches must complete the training



# Coaches

- Take on an **annual** basis, the sudden cardiac arrest training course approved by the department of health
- 1) viewing the coach video and (2) reading the coach handout found at <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/lindsays-law/>.
- Includes the responsibilities of coaches





## Ohio Law

- Coaches must not allow any student to participate in practice until they have completed the training along with their parents and submit the required signature form
- If coaches become aware of warning signs of sudden cardiac arrest, then they must remove the youth from participation and refer the youth athlete and family to be cleared for participation.
  - Physician, Nurse Practitioner, Clinical Nurse Specialist, Physician Assistant, Licensed Athletic Trainer



# Parents-Athletes

- Watch their video
- Read handout
- Complete form and hand in to sports organization
- Must be done annually
- Organization is required to keep



# Automatic External Defibrillator (AED)

- Do you know where it is?
- Who is responsible for checking it?
  - Is it charged?
    - Batteries generally good for 4 years
  - Pads are good for limited time
    - They dry out- good for 2 years usually
    - Package must be sealed well



## Right Size Pads

- Do you have pediatric pads as well as adult size?
  - Under age 8- should use the pediatric pads
  - Under 55 lbs. should use the pediatric pads
- Pediatric pads deliver the appropriate electric energy needed for that age and weight



Questions ?