



Commonwealth of Massachusetts  
Department of Public Health

Helping People Lead Healthy Lives In Healthy Communities

# Proposed Amendments to 105 CMR 201 Head Injuries and Concussions in Extracurricular Athletic Activities



May 14, 2014



# Overview

- Brief review of components of the statute and existing regulation
- Explanation of recommended changes
- Expected timeline
- Questions

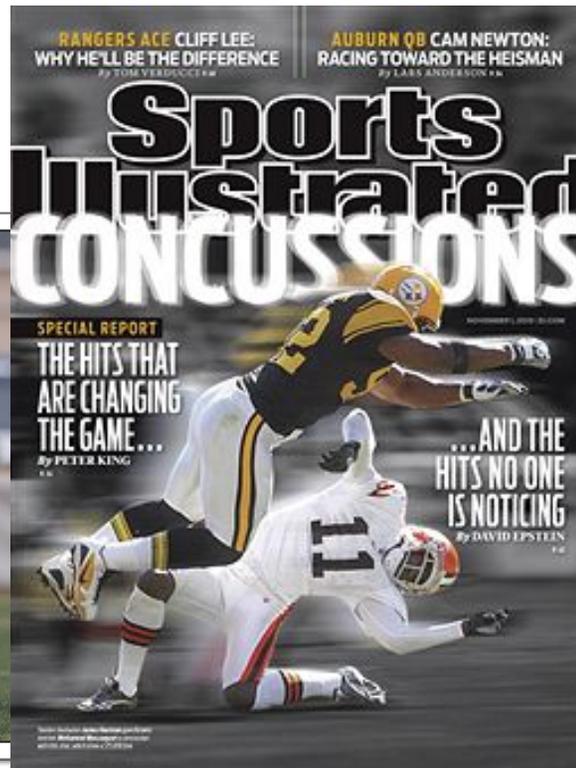




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# Massachusetts Sports Head Injury Legislation and Regulations



# Components of the Law

Chapter 166 of the Acts of 2010, *An Act Relative to Safety Regulations for School Athletic Programs*

- DPH to identify annual **training program** for key stakeholders
- Injured athlete *suspected of concussion* must be **removed from play** until written clearance by licensed health professional
- All students must **disclose history of head injuries** at start of each season
- **Recordkeeping** by schools
- **Allows establishment of penalties for noncompliance**
- DPH must develop **regulations** to implement



# DPH Response to Legislation

- DPH promulgated regulations for schools in June 2011 (105 CMR 201: Sports Concussion and Head Injury in Extracurricular Athletics)
- Developed **guidance documents, forms and resources**
  - Share best practices and facilitate policy development
- Approved free on-line trainings and developed criteria for approval for additional training programs
  - For school personnel, parents, students and health professionals
- Issued **Clinical Advisory** to pediatric health providers through AAP in February 2012
- Ongoing **communication with schools/school districts**
- Monitoring implementation

# Key Provisions of the Regulations

- Apply to *all* public middle and high schools (grades 6-12) and all other schools that are members of the Massachusetts Interscholastic Athletic Association
- Apply to all extracurricular interscholastic sports
- Does *not* apply to town or club sports (Little League, Pop Warner, etc.)
- Address 7 areas:
  1. School Policies and Procedures
  2. Annual Training
  3. Participation Requirements for Students & Parents
  4. Exclusion from Play
  5. Medical Clearance and Return to Play
  6. Roles and Responsibilities of Key School Personnel
  7. Record Maintenance and Reporting

# Proposed Revision: Clinicians Providing Medical Clearance

Recommend adding **physician assistants** to those able to provide medical clearance section

- The following individuals may authorize a student to return to play:
  - A duly licensed physician
  - A duly licensed certified athletic trainer, in consultation with a licensed physician
  - A duly licensed nurse practitioner in consultation with a licensed physician
  - A duly licensed neuropsychologist, in coordination with the physician managing the student's recovery
  - A duly licensed physician assistant under the supervision of a licensed physician

# Accompanying Revisions

In addition to adding physician assistants to the list in Section 201.11(A):

- Add a definition of “physician assistant” to Section 201.005.
- Amend Section 201.11(B) to mandate that physician assistants, like other health care providers who provide medical clearance, take and verify completion of concussion assessment and management training as part of their licensure or continuing education.

# Proposed Revision: Clarify Timing of Medical Clearance

Section 201.010(E)(3): “Exclusion from Play.”

- The original text of the regulation was not clear as to whether medical clearance for return to play was required prior to a student beginning the graduated re-entry plan or upon completion of the graduated re-entry plan.

- Proposed new text:

“The student must be completely symptom free at rest in order to begin graduated reentry to extracurricular athletic activities. The student must be symptom free at rest and during exertion in order to complete the graduated re-entry plan and be medically cleared to play under 105 CMR 201.011.”

# Technical Revisions

- Removing dates that occurred in the past
- Other technical edits



# Timeline and Next Step

- Post proposed revisions and open for public comment
- June 19<sup>th</sup> public hearing 3-5 in the Public Health Council Room
- July 9<sup>th</sup> return to Public Health Council with final proposal
- Notify schools of changes for implementation with the new school year
  - Massachusetts Interscholastic Athletic Association
  - School Health Unit
- Work with Massachusetts Association of Physician Assistants to assure they are aware of changes and training requirements

# Questions?

