

**California Youth Sports Concussion & Sudden Cardiac Arrest Acknowledgment Form**  
*Required by CA Health & Safety Code §124235 and CA Education Code §49475*  
**Fair Oaks Orangevale Little League (FOVLL)**

Dear Parent/Guardian and Athlete,

California law requires all youth sports organizations to provide annual education about the risks and protocols related to concussions and sudden cardiac arrest. Both the parent/guardian and athlete must sign this form before participating in practices or games.

**Concussion Information Summary:**

- Any athlete suspected of sustaining a concussion or head injury must be removed from activity for the remainder of the day.
- They may not return to play until evaluated and cleared in writing by a licensed healthcare provider trained in concussion management.
- A graduated return-to-play protocol lasting at least 7 days is required before resuming activity.
- The league will notify a parent/guardian of the time, date, symptoms observed, and any treatment provided for suspected head injuries.

**Sudden Cardiac Arrest Information Summary:**

- Any athlete who faints, passes out, or shows signs of a cardiac event must also be immediately removed from activity.
- Return to play is only permitted after written clearance from a licensed healthcare provider.
- Symptoms of cardiac conditions may include fainting, shortness of breath, chest pain, dizziness, or palpitations.
- Beginning January 1, 2027, AEDs (Automated External Defibrillators) must be accessible during all youth sports practices and competitions.

**Important:**

FOV Little League complies fully with California's Nevaeh Youth Sports Safety Act and other laws governing athlete safety. Coaches are trained in CPR, first aid, and concussion protocols. An AED is available at our fields, and coaches will complete all required safety training.

By signing below, you acknowledge:

- You have been provided this information.
- You understand the signs, symptoms, and required protocols for concussion and sudden cardiac arrest.
- You agree to comply with all return-to-play rules.
- You understand that participation is not allowed until this form is signed and returned.

**Signatures:**

**Athlete Name:** \_\_\_\_\_

**Team Name:** \_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*(Required if athlete is age 7 or older)*

**Parent/Guardian Name:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

For more information about California concussion and sudden cardiac arrest laws:

California Health & Safety Code §124235:

[http://leginfo.legislature.ca.gov/faces/codes\\_displaySection.xhtml?sectionNum=124235.&lawCode=HSC](http://leginfo.legislature.ca.gov/faces/codes_displaySection.xhtml?sectionNum=124235.&lawCode=HSC)

California Ed. Code §49475:

[http://leginfo.legislature.ca.gov/faces/codes\\_displaySection.xhtml?lawCode=EDC&sectionNum=49475](http://leginfo.legislature.ca.gov/faces/codes_displaySection.xhtml?lawCode=EDC&sectionNum=49475)

**Fair Oaks Orangevale Little League**  
Return-to-Play Protocol for Concussions  
California Health & Safety Code §124235 Compliance

This document outlines the mandatory 7-day graduated return-to-play (RTP) protocol required by California law following a concussion. This protocol must be followed after a licensed healthcare provider has evaluated and cleared the athlete in writing to begin returning to activity.

**Key Requirements:**

- Athlete must be removed immediately from activity if a concussion is suspected.
- Written medical clearance is required from a licensed healthcare provider trained in concussion management before beginning this protocol.
- Return to play must follow the step-by-step protocol below, taking no less than 7 days, and must be monitored by a healthcare provider.
- Athlete must remain symptom-free for at least 24 hours at each stage to progress.
- If symptoms return, the athlete must stop activity and return to the previous step after 24 hours of rest.

**Graduated Return-to-Play Protocol (Minimum 7 Days)**

**Day 1: No Activity:** Complete physical and cognitive rest.

**Day 2: Light Aerobic Activity:** Walking, swimming, or stationary cycling at slow pace. No resistance training. Goal: Increase heart rate.

**Day 3: Sport-Specific Exercise:** Light baseball drills such as throwing, jogging bases. No contact or head impact activities. Goal: Add movement.

**Day 4: Non-Contact Training Drills:** More complex drills, practice activities. May include resistance training. Goal: Exercise, coordination, and cognitive load.

**Day 5: Full-Contact Practice:** Full baseball practice under supervision. Goal: Restore confidence and assess functional skills.

**Day 6: Rest/Monitoring:** No activity. Monitor for delayed symptoms after full contact. Goal: Confirm sustained symptom-free status.

**Day 7: Return to Game Play:** Full clearance for competition if symptom-free and supervised protocol is complete. Goal: Safe return to full athletic participation.

**Notes:**

- This protocol is based on current best practices and legally required by California state law.
- All steps must be documented and retained by team officials for liability and compliance.
- Coaches must not allow return to play outside this protocol under any circumstances.

**Reference:**

California Health & Safety Code §124235

[http://leginfo.legislature.ca.gov/faces/codes\\_displaySection.xhtml?sectionNum=124235.&lawCode=HSC](http://leginfo.legislature.ca.gov/faces/codes_displaySection.xhtml?sectionNum=124235.&lawCode=HSC)