

Effective January 1, 2016 the State of Illinois made the following provision to the Illinois Concussion Act:

"Player" means an adolescent or child participating in any sponsored youth sports activity of a youth sports league.

"Sponsored youth sports activity" means any athletic activity, including practice or competition, for players under the direction of a coach, athletic director, or band leader of a youth sports league, including, but not limited to, baseball, basketball, cheerleading, cross country track, fencing, field hockey, football, golf, gymnastics, ice hockey, lacrosse, marching band, rugby, soccer, skating, softball, swimming and diving, tennis, track (indoor and outdoor), ultimate Frisbee, volleyball, water polo, wrestling, and any other sport offered by a youth sports league.

In order to comply USA Swimming is recommending the following be instituted:

1. Clubs should distribute the Concussion Information Sheet to athletes, parents and guardians annually. This may be accomplished through electronic distribution.
2. Illinois Swimming will be sending the Concussion Information Sheet and Pool Checklist to Officials and Coaches annually.
3. Illinois Swimming is requesting meet hosts to place both the Concussion Information Sheet and the Pool Checklist in all coaches' packets when hosting a meet.
4. A member athlete who suffers a concussion needs to be cleared to return to the pool by qualified health care professional which means clubs should get a doctor's note indicating that the athlete is fit to be back at practice and competitions.

In addition, USA Swimming is sending Concussion Information Sheet whenever a head strike report of occurrence is received, regardless of the diagnosis, along with the Mutual of Omaha Claim form.