

My Group updates

Get more involved with the community.

[Find a Group that's right for you!](#)

[Start your own Group here.](#)

My Challenge updates

Make a game of it.

[Participate in some of our Challenges.](#)

[Create your own Challenge here.](#)

My Blog updates

Read what other bloggers are talking about. [Check out Blogs.](#)

 WeightWatchers' Contributor

Sports Stack

[Edit]

New Jersey Delivers Smart Concussion Law

[Edit.](#) [Remove](#)

Written by [kylestack](#) on 12/14/2010 10:03 PM

New Jersey has become the seventh state to make a positive difference in how youth athletes are treated for concussions. New Jersey Governor Chris Christie signed legislation last week that requires high school athletes and younger to be treated for concussions and other head injuries. This comes on the heels of Washington, Connecticut, Oregon, Virginia, New Mexico and Oklahoma enacting similar laws over the past year. It's a step in the right direction.

All school physicians, coaches and athletic trainers will now be educated to ensure proper concussion treatment and prevention based on a system developed by New Jersey's Department of Education (DOE). Each school district, with the department's help, will write a policy regarding the prevention and treatment of concussions and other head injuries suffered by student-athletes in a school-associated sporting event. It's expected that any student-athlete who sustains a concussion or head injury will be removed from the event. The student-athlete wouldn't be able to return to action until given clearance by a physician or other properly licensed and trained healthcare provider.

This law is critical. A concussion takes extra importance with children and adolescents. Two doctors I spoke with for a recent WeightWatchers.com story, who specialize in head and neck injuries—Dr. Christopher Giza of UCLA's School of Medicine, and Dr. Daryl Rosenbaum at Wake Forest University School of Medicine—emphasized that a concussion can affect younger people more severely because of their brain's ongoing growth and development.

The DOE is working with each district in the state to determine exactly what symptoms they'll look for and how those will be treated. According to the DOE, the guidelines will be completed by March 31, 2011 and will be implemented beginning with the 2011-12 school year. That gives them time to get it right.

One impediment I foresee is parents who become too passionate about their kids' athletic accomplishments. They may fear their child losing his or her role on the team if taken out of a game,

especially for a concussion. Health is paramount, so parents must understand that even if their child is sidelined by a light head injury, it is protecting that child's health. No head injury should be downplayed. New Jersey recognizes that, and hopefully other states who haven't developed concussion laws do so soon.

Categories: [Family](#), [Health](#), [Sports](#)

[Report this post](#)

Share: 

Leave a comment:

Submit



[corinnak4](#)

12/14/2010 11:12 PM

Everyone only gets one brain - it's the most precious thing each of us has and needs to be treated accordingly. The phrase "just a concussion" is so common - people don't realize how long it can take to recover and how serious the after-effects can be, in young people and older people too. Hopefully the coaches will also get training on how to manage impassioned parents in these situations as well.

[Report this post](#)

[see all](#)

[Learn our Ground Rules](#)

ADVERTISEMENT

Search Blogs

- Search this Blog
- Search all Blogs

About Sports Stack



This is a forum for me to cover health topics in sports related to injuries, fitness, weight loss, exercise and more. I'll deliver my opinion on health issues in collegiate and professional sports, and I