

# NMAA

## *Athletic Program Requirements*

### *Senate Bill 38;*

### *Concussion Law*

### *Grades 6 - 12*

***Athletic Directors must make sure the following requirements are met annually:***

#### **1. Coach Requirements**

- **NFHS Learn Concussion in Sports:**  
<https://nfhslearn.com/courses/concussion-in-sports-2>
  - Current Certificate of Course completion on file for each coach
- **NMAA Fact Sheet for Coaches:**  
[https://www.nmact.org/file/Facts\\_4\\_Coaches.pdf](https://www.nmact.org/file/Facts_4_Coaches.pdf)
  - Signed form on file for each coach

#### **2. Student Athlete and Parent Requirements**

- **NFHS Learn Concussion for Students:**  
<https://nfhslearn.com/courses/61059/concussion-for-students>
  - Current Certificate of Course completion on file for each athlete
- **NMAA Fact Sheet for Athletes/Parents:**  
[https://www.nmact.org/file/Facts\\_4\\_Families.pdf](https://www.nmact.org/file/Facts_4_Families.pdf)
  - Signed form on file for each Athlete and Parent

#### **3. Return-to-Play Guidelines**

- **Each school is required to follow their District's Return-to-Play Guidelines**  
**(See return-to-play minimum requirements below)**

[Click here for additional information and resources for parents, athletes and coaches](#)



## RETURN TO PLAY GUIDELINES UNDER NEW MEXICO SENATE BILL 38

1. Remove athlete immediately from activity when signs/symptoms of a concussion are present.
  - a. *Coaches and Athletes must be educated in signs/symptoms of a concussion.*
2. Athletes must not return to full activity (practice or competition) prior to a minimum of 240 hours (10 days).
3. Athletes must be released by an appropriate medical professional before returning.
  - a. *MD, DO, PA, CNP, PT, Licensed Psychologist, Licensed Athletic Trainer (as per Senate Bill 38)*
4. School districts are required to develop head injury protocols (guidelines).
5. Coaches must follow the school district's head injury protocol when allowing athletes to return to play.
  - a. *Current guidance recommends a return to light-intensity aerobic activity, such as walking that does not more than mildly exacerbate symptoms, during the initial 24-48 hours following a concussion followed by a gradual return to sport.*
6. Coaches must continue to monitor for signs/symptoms once athletes return to activity.
7. School districts are required to inform parents/athletes of the potential risks of head injuries in sports.