

Founded in 1954

# AMERICAN COLLEGE of SPORTS MEDICINE®

Mission Statement: The American College of Sports Medicine advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine.

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**ACSM's 61st Annual Meeting: 5th World Congress on Exercise Is Medicine® and World Congress on the Role of Inflammation in Exercise, Health and Disease**  
May 27-31, 2014  
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**ACSM Conference on Integrative Physiology of Exercise**  
Fall 2014

February 26, 2014

The Honorable Diana S. Urban  
Co-Chair, Committee on Children  
Room 011, Capitol Building  
Hartford, CT 06106

Re. HB 5113

Dear Representative Urban:

On behalf of the American College of Sports Medicine (ACSM), I write to you today regarding House Bill 5113, a bill to address head injury policies in Connecticut youth athletics.

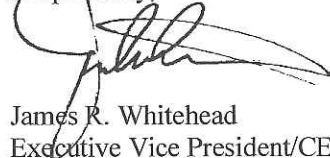
In considering any concussion legislation, we believe it is vital that the legislation contain three key components. First, athletes, parents, coaches, administrators and athletic officials must be educated about the risks of concussions. Second, if a youth athlete appears to have suffered a head injury, s/he should be removed from play immediately. Finally, after suffering a head injury and being removed from play, a youth athlete must be cleared by a certified health professional before returning to play. We consider each of these provisions to be an essential element of an effective concussion policy.

To the extent that HB 5113 meets these three key components we are in support. However, there are other provisions of the bill that need additional discussion and, we suggest, should be considered at another time. While provisions such as limiting contact during practice and data collection of head injuries may have merit, they need further deliberation based on research now being conducted.

The members of ACSM share a commitment to improve health through science, education and medicine. Founded in 1954, ACSM is the professional home for thousands of clinical physicians, educators and researchers. We are the largest organization in the world dedicated to sports medicine and exercise science, representing more than 50,000 members and certified professionals from a variety of medical specialties, allied health and scientific disciplines.

ACSM urges you and your colleagues in the Connecticut Legislature to thoughtfully consider HB 5113 and make any necessary amendments so as to bring the legislation in line with the components discussed above. If we may be of further assistance, please contact me at (317) 637-9200 or [jwhitehead@acsm.org](mailto:jwhitehead@acsm.org).

Respectfully,



James R. Whitehead  
Executive Vice President/CEO



**AMERICAN COLLEGE of SPORTS MEDICINE**  
LEADING THE WAY

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