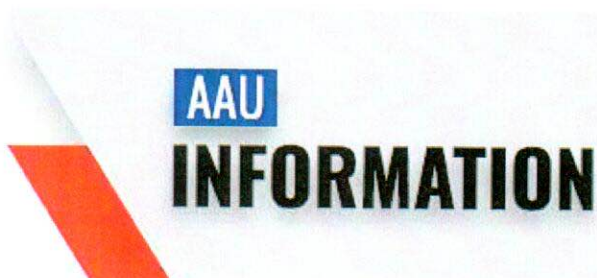


UPDATE: AAU's Concussion Policy

From: AAU National Office (communications@aausports.org)

To: pgalgovich@yahoo.com

Date: Monday, July 27, 2026 at 03:34 PM EDT



IMPORTANT UPDATE FOR COACHES AND ATHLETES

Dear AAU Members,

At the Amateur Athletic Union (AAU), nothing is more important than the safety and well-being of the athletes and families we serve.

As part of our ongoing commitment to providing the safest possible environment for participation, we have updated our Concussion Policy to further strengthen AAU's comprehensive athlete protection framework.

New AAU Concussion Policy

The AAU has also adopted a new **Concussion Policy** to help protect the health and safety of all participants.

The policy provides clear guidance for recognizing the signs and symptoms of a concussion, removing an athlete from play when a

concussion is suspected, obtaining appropriate medical evaluation, and safely returning athletes to participation.

We encourage every coach to become familiar with the policy before participating in AAU activities. Athletes will need to submit a signed form.

Before any athlete participates in athletic activity, their parent/guardian must sign an informed consent form and return to their coach each year.

For more information, please visit the **AAU Concussion Policy**:
<https://aausports.org/concussions/>

What You Need to Do to Comply and Participate in AAU:

- Review the new AAU Concussion Policy.
- Ensure your AAU membership remains current and that all requirements are completed before coaching or participating in licensed AAU events.

These updates represent another important step in AAU's longstanding commitment to providing a safe, positive, and enjoyable experience for every athlete. We appreciate your partnership and thank you for helping us create an environment where young people can learn, grow, and compete with confidence.

If you have questions regarding these new requirements, please visit www.aausports.org.

Thank you for your continued support of the Amateur Athletic Union.

Sincerely,

AAU National Office



Concussion Policy / Education / Form

AAU Removal & Return-to-Play Policy

It is the purpose of AAU to promote amateur sports and we wish for our members who participate to do so in a manner that provides reasonable safety for their well-being.

An Athlete who is suspected of sustaining a concussion during any Athletic Activity (as determined by a Coach or other authorized individual present) shall be immediately removed from the Athletic Activity. An Athlete who has been so removed may not return to play on the same day.

An Athlete who has been removed from an Athletic Activity may not return to any Athletic Activity until the Athlete has submitted to the Coach a written medical clearance writing by a licensed medical professional trained in the diagnosis, evaluation, and management of concussions stating that the Athlete no longer exhibits signs, symptoms, or behaviors consistent with a concussion.

Before any athlete participates in an athletic activity, each Parent or guardian should read, understand, and sign the informed consent form and return the form to their coach for record keeping each year.

[Click Here for the Concussion Policy and Informed Consent Form](#)



Concern about athlete well-being is upper-most in the mind of all sports organizations and governing bodies. Around the country states are adopting concussion legislation in efforts to tend to the health and well-being of athletes.

The events and activities that are licensed by AAU are run by local hosts, local organizing committees, and/or member clubs. Athletic activities involve risks and dangers of injury and accidents may occur

sometimes without fault. Available medical assistance may vary from venue to venue. The

AAU POLICY

[Concussion Policy and Informed Consent Form](#) →

HEADS UP Concussion

HEADS UP Concussion Free Courses

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[PARENTS TRAINING](#) →

[OFFICIALS & TRAINERS](#) →

[NON-PARENT, COACH, OR OFFICIAL](#) →

[HEADS UP Concussion App](#) →

Downloadable Handouts

The CDC also has downloadable handouts for athletes and their parents.

[Handouts for athletes and parents](#) →



AAU recognizes that the potential for harm from concussions is a serious matter. While some accidents and even concussions may occur, the basis for the AAU's Concussion Policy is based upon trying to limit the potential harm, which could result from continued participation after such an injury.

Coaches and other club leaders can take a free on-line course that will provide important information in the recommendation and decision-making in handling situations that may involve concussion injuries. This course will only take approximately 30 minutes of your day.

CONCUSSION APP

The [CDC HEADS UP Concussion and Helmet Safety](#) app will help you learn how to spot a possible concussion and what to do if you think your child or teen has a concussion or other serious brain injury.

The application also includes a 3D helmet fit feature that teaches about proper helmet fit, safety and care.



Sports For All, Forever

The AAU was founded in 1888 to establish standards and uniformity in amateur sports. During its early years, the AAU served as a leader in international sport representing the U.S. in the international sports federations. The AAU worked closely with the Olympic movement to prepare athletes for the Olympic Games. After the Amateur Sports Act of 1978, the AAU has focused its efforts into providing sports programs for all participants of all ages beginning at the grass roots level. The philosophy of "Sports for All, Forever," is shared by nearly 800,000 participants and over 150,000 volunteers.

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National Leadership

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Concussion Policy and Informed Consent Form

Please visit the website of the Centers for Disease Control and Prevention to understand the risks of concussion, prevention, and other safety measures.

Definitions

“Athlete” means any individual who participates in an Athletic Activity.

“Athletic Activity” means any practice, tryout, workout, competition, or other physical activity associated with participation in or candidacy for an athletic team or athletic event.

“Coach” means any individual who is responsible for organizing, directing, or instructing Athletes during any Athletic Activity.

“Concussion” A type of brain injury or traumatic brain injury (TBI) caused by a bump blow or jolt to the head or a hit to the body that causes the head and brain to move rapidly back and forth. – (visit the CDC.gov website for more information)

“Parent or Guardian” means a Youth Athlete’s parent, legal guardian, or other person having legal custody of the Youth Athlete.

“Youth Athlete” means any Athlete who is younger than the age of majority.

Informed Consent Requirement

Before any athlete participates in an athletic activity, each Athlete (or Youth Athlete’s Parent or Guardian, as the case may be) is required to sign this form and **return it to your Coach** for record keeping each year.

Removal and Return-to-Play Policy

An Athlete who is suspected of sustaining a concussion during any Athletic Activity (as determined by a Coach or other authorized individual present) shall be immediately removed from the Athletic Activity. An Athlete who has been so removed may not return to play on the same day.

An Athlete who has been removed from an Athletic Activity may not return to any Athletic Activity until the Athlete has submitted to the Coach a written medical clearance by a licensed medical professional trained in the diagnosis, evaluation, and management of concussions stating that the Athlete no longer exhibits signs, symptoms, or behaviors consistent with a concussion.

☐ I have read and agree to comply with the above policy.

Date: _____ (consent expires 1 year from this date)

Print Athlete Name: _____

Authorized Signature: _____