

ALABAMA STATE BOARD OF HEALTH  
ALABAMA DEPARTMENT OF PUBLIC HEALTH  
OFFICE OF GENERAL COUNSEL  
ADMINISTRATIVE CODE

CHAPTER 420-11-3  
YOUTH INJURY MITIGATION TRAINING

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420-11-1-.01 Minimum Course Requirements. Youth athletics associations and recreational organizations that sponsor or conduct sports training, or high-risk youth athletic activities for children age 14 years and younger, shall require all unpaid or volunteer coaches and athletics personnel to complete a didactic, online, or residence course that addresses, at the very minimum:

(a) Emergency preparedness, planning, and rehearsal for traumatic injuries.

(b) Concussions and head trauma.

(c) Heat and extreme weather-related injury familiarization.

(d) Physical conditioning and training equipment usage.

(e) Heart defects and abnormalities leading to sudden cardiac health death.

The course requirement under this section shall be an annual requirement to be completed no later than the anniversary of the date on which the individual became actively engaged in serving as athletic personnel or coach for the association.

High-risk youth athletic activities is defined as any organized sport in which there is a significant possibility for a youth athlete to sustain a serious physical injury, including, but not limited to, the sports of football, basketball, baseball, volleyball, soccer, ice or field hockey, cheerleading, and lacrosse.

**Author:** Jamey Durham

**Statutory Authority:** Code of Ala. 1975, Act 2018-496.

**History: New Rule:** Filed September 20, 2018; effective November 4, 2018.

**420-11-3-.02 Available Resources Meeting Requirements.**

Resources that fulfill the minimum requirements shall be listed on the Alabama Department of Public Health's website at [www.alabamapublichealth.gov](http://www.alabamapublichealth.gov) under Youth Athletic Training Resources.

**Author:** Jamey Durham

**Statutory Authority:** Code of Ala. 1975, Act 2018-496.

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**420-11-3-.03 Development Of Programs And Recordkeeping.**

(a) Each youth athletics association and recreational organization shall develop a Coach Safety training program that encapsulates the minimum training requirements identified above and develop a tracking tool to ensure every coach and athletics personnel completes the course within 30 days of becoming actively engaged in, or serving as, a coach or athletics personnel. Implementation of said program should take internet connectivity, or lack thereof, into consideration.

(b) Each youth athletics association and recreational organization governing body shall maintain a record of individual course completion for as long as an individual serves as a coach or athletics personnel. The annual requirement shall be completed no later than the anniversary of the date on which the individual became actively engaged in serving as a coach or athletics personnel.

**Author:** Jamey Durham

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**420-11-3-.04** **Certain Professionals Exempt.** All licensed and certified athletic trainers, doctors, nurses, first responders, and health care professionals with acute traumatic life support training shall be exempt from the course requirement.

**Author:** Jamey Durham

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