



Head Zone Concussion Seminars for Oxford Soccer League – May 23

Coaches, Parents, and Players are all invited!

Did you know?

- 90% of concussions do not cause a loss of consciousness.
- Children and teens may have delayed symptoms after injury.
- Children and teens may take longer to recover.
- You don't have to be hit in the head to get a concussion.

Learn how to recognize the signs and symptoms of a concussion. Make sure you know what to do if someone you know gets a concussion. Identifying and properly managing concussions are the first steps in preventing long-term consequences of concussion.

We're offering **Concussion Seminars** on Monday, May 23 in the Quaker Farms School gym. Coaches, Parents, and Players should attend one of the sessions, which will start at 5:30 and 6:30 pm.

Seminars last about 40 minutes. We'll offer **Safety Parent and Safety Coach Training** immediately after the concussion seminar for anyone interested in learning to administer the King-Devick Test for their teams.

The King-Devick Test (K-D) is a two-minute test that requires an individual to read aloud single digit numbers displayed on cards. K-D can be taken by anyone age 5 and older. It is an objective method of assessing eye movements and eye tracking, and is reliable as a tool to identify concussion. A baseline test is used to compare to a post-injury test, and a slower score on the post-injury test is an indicator of a likely concussion. The K-D test is used by numerous professional, college, high school, and youth sports organizations. For more information: www.kingdevicktest.com Children age 5 and older can take the King-Devick Test. Kids 10 and under should take a new baseline K-D test every six months. Those 11 and older need a yearly baseline.

Go to www.head-zone.com for concussion resources and to learn more about **HeadZone!**