



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Online Concussion Training and Procedures for Head Injuries:

Coaches:

- All coaches need to go through the following training:
<http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html>

Procedure for Head Injuries during YMCA Sports Programs:

1. **Remove the athlete from play.** Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, keep the athlete out of play.
2. **Accident report** filled out by either staff or volunteer (given to Sports Director same day)
3. **Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion.** Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
 - Cause of the injury and force of the hit or blow to the head or body
 - Any loss of consciousness (passed out/knocked out) and if so, for how long
 - Any memory loss immediately following the injury
 - Any seizures immediately following the injury
 - Number of previous concussions (*if any*)
4. **Inform the athlete's parents or guardians about the possible concussion and give them the [fact sheet on concussion](#).** This fact sheet can help parents monitor the athlete for sign or symptoms that appear or get worse once the athlete is at home or returns to school.
5. **Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play.**

For further information about concussions please visit the DCD website:

<http://www.cdc.gov/concussion/sports/resources.html>