

Mandatory Concussion Training

All youth coaches are required to take this concussion training course and complete a satisfactory background check.

Instructions for Concussion Online Training Course

- 1) Visit: http://www.cdc.gov/concussion/headsup/online_training.html
- 2) Click on the “Heads Up” online training course icon.
- 3) Begin the course. You must watch all of the videos and you will not be allowed to skip ahead. You will be asked to answer questions at the end of each video segment.
- 4) Once you have completed the training course, you will need to print the certificate that is available at the end. Please make sure you turn it into your coordinator and also keep a copy for yourself. You are more than welcome to take the course at our office or the public library if you do not have access to a computer.

It is now a **Law** that all players suspected of having a concussion must be cleared by a physician prior to participation in any aspect of the sport. Below are the **Signs and Symptoms of Concussions:**

Signs and Symptoms	Seek emergency care for conditions such as:
1) Headache, Dizziness	Loss of consciousness
2) Vomiting, nausea	Vomiting
3) Difficulty balancing	Headache that worsens
Visual Symptoms:	Changes in behavior
1) Dilated pupils, Sensitive to light	Stumbling or clumsiness
2) Seeing bright lights	Disorientation
3) Blurred or double vision	Slurred speech
Cognitive and emotional Symptoms:	Dilated pupils
1) Confusion, Blank stare	Seizures
2) Difficulty focusing, Slurred speech	Any symptoms that get progressively worse
3) Loss of consciousness	
4) Loss of memory	
5) Repeating same questions	