

CDC TRAIN

Mandatory Concussion Training

All youth coaches are required by law to take this concussion training course.

Instructions for Concussion Online Training Course

- 1) Visit: <https://www.train.org/cdctrain/course/1089818/>
- 2) Click on the “Pre-Assessment” icon and complete the questions.
- 3) Once completed, close the current screen and return to main screen where you will click on the “Launch” icon.
- 4) Click “Start Training” and 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.
- 5) Once you have completed the training course, you will need to print or email 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.

By **Law** 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

- 1) Headache, Dizziness
- 2) Vomiting, nausea
- 3) Difficulty balancing

Seek emergency care for conditions such as:

- Loss of consciousness
- Vomiting
- Headache that worsens

Visual Symptoms:

- 1) Dilated pupils, Sensitive to light
- 2) Seeing bright lights
- 3) Blurred or double vision

- Changes in behavior
- Stumbling or clumsiness

Cognitive and emotional Symptoms:

- 1) Confusion, Blank stare
- 2) Difficulty focusing, Slurred speech
- 3) Loss of consciousness
- 4) Loss of memory
- 5) Repeating the same questions

- Dilated pupils
- Seizures
- Any symptoms that get progressively worse