

How to Guide:

Concussion Online Training (as of 2/23/2020)

Done YEARLY, Cost is FREE

Click Link: <https://www.cdc.gov/headsup/youthsports/training/index.html>

On the right-hand side there is the click on Launch the HEADS UP Course link

- A pop-up screen to exit CDC website

In new window, click Login Register button

User account page, has a warning statement, scroll down to login or register if you are new

Once you are in, click on the video play button

-PLEASE do this yourself, listen, read, answer questions, you are the one with the children!!

Once you have finished, you will get the option to save and print, I highly suggest you save, keep for your copies. Do email a copy to your rep asap.

There is a ton of information to get everyone involved to be prepared, you can find below info and much more at- <https://www.cdc.gov/headsup/youthsports/training/index.html> - on the left hand side menu

Coaches-

https://www.cdc.gov/headsup/pdfs/youthsports/coaches_engl.pdf

https://www.cdc.gov/headsup/pdfs/youthsports/Heads_Up_Youth_Sports_Clipboard_Sticker-a.pdf

https://www.cdc.gov/headsup/pdfs/custom/HeadsUpConcussion_ActionPlan.pdf

https://www.cdc.gov/headsup/pdfs/custom/HeadsUpConcussion_Facts.pdf

Parent-

https://www.cdc.gov/headsup/pdfs/youthsports/parents_eng.pdf

https://www.cdc.gov/headsup/pdfs/youthsports/Parent_Athlete_Info_Sheet-a.pdf

<https://www.cdc.gov/headsup/pdfs/youthsports/magnet-a.pdf>

Athletes-

https://www.cdc.gov/headsup/pdfs/youthsports/Parent_Athlete_Info_Sheet-a.pdf

https://www.cdc.gov/headsup/pdfs/youthsports/factsheet_athletes_ages11-13-a.pdf

https://www.cdc.gov/headsup/pdfs/youthsports/factsheet_athletes_ages14-18-a.pdf

https://www.cdc.gov/headsup/pdfs/youthsports/factsheet_athletes_ages14-18-a.pdf

Officials-

https://www.cdc.gov/headsup/pdfs/youthsports/HEADS_UP_Youth_Sports_Officials-a.pdf

https://www.cdc.gov/headsup/pdfs/highschoolsports/HighSchool_Sports_Officials-a.pdf