Centers for Disease Control HEADS UP Program

The Centers for Disease Control (CDC) developed the HEADS UP Concussion in Youth Sports initiative to offer information about concussions to coaches, parents, and athletes involved in youth sports. The HEADS UP initiative provides important information on preventing, recognizing, and responding to concussion. To register you can go to their site by clicking here. The course will help you:

- Understand a concussion and the potential consequences of this injury
- Recognize concussion signs and symptoms and how to respond
- Learn about steps for returning to activity (play and school) after a concussion, and
- Focus on prevention and preparedness to help keep athletes safe season-to-season.

It is critical for coaches to recognize signs of concussion and for athletes to report their symptoms. Until a health care professional experienced in evaluating for concussion says an athlete is symptom-free, athletes who have experienced concussion should stay out of play and practice. CDC partners with AACCA every summer to distribute CDC "HEADS UP" concussion safety materials to coaches and camps, reaching approximately 450,000 middle, high school, all-star, and college cheerleaders. To learn more and to get free resources for coaches, visit the CDC's HEADS UP website and look for the HEADS UP materials for high school and youth sports coaches. Make sure to check out the free, online training for coaches. In less than 30 minutes, coaches can get ready for the sports season by completing the training and earning a certificate of completion. Parents can also download free resources about the importance of recognizing a concussion, taking time to recover, and helping kids and teens with a concussion.

© 2023 University of Oregon. Use for personal educational purposes only. No further copying or distribution is allowed.