

# **Parents and Student Athletes** **Online Training Course**

Get prepared for the new season in less than 30 minutes. Go to:

<http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html>

Heads Up: Concussion in Youth Sports is a free, online course available to parents to keep their child safe from concussion. It features interviews with leading experts, dynamic graphics and interactive exercises, and compelling storytelling to help you recognize a concussion and know how to respond if you think that your athlete might have a concussion.

## **What You Will Learn**

This 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.

We can help athletes stay active and healthy by knowing the facts about concussion and when it is safe for athletes to return to play.

Fact Sheet for Parents:

[http://www.cdc.gov/concussion/pdf/TBI\\_factsheets\\_PARENTS-508-a.pdf](http://www.cdc.gov/concussion/pdf/TBI_factsheets_PARENTS-508-a.pdf)