

1 Talk to Athletes About Reporting Symptoms

Have discussions about concerns they have with reporting symptoms. Make sure to tell them you expect them to tell you or their parents of any symptoms they are experiencing.



2 Proper Technique

Ensuring proper technique is a key way to help reduce concussions. Make sure that what you are teaching them is the right information and you are using it the correct way. For ages 6-12 try to hone in on agility, eye-hand coordination, and general conditioning. These skills are best developed during this time and can help prepare for later years.

3 Avoid Unsafe Actions

Make sure that athletes avoid unsafe actions like hitting another player in the head, using head or helmet to make contact with another athlete, making illegal contact, and trying to injure another athlete.



4 Create a Concussion Action Plan

How will you handle a potential concussion? Creating an action plan can help you and your coaches stay on the same page. Some things to consider:



1. If you suspect a concussion, remove the athlete from play.
2. Keep them out until cleared by a healthcare provider.
3. Inform the athletes parents/guardians
4. Ask for written instructions from the healthcare provider on steps to help the athlete return to play.

5 Keep Up-to-date on Concussion Information

It is best to stay up-to-date on your state, league, and/or organization's concussion guidelines and protocols.



Brain Injury & Sports Neurology Center

(602) 406-HEAD (4323) | BarrowNeuro.org/Concussion

(602) 406-4762 | ConcussionDiscussion@BarrowNeuro.org

Content source: cdc.gov/concussions, McCrory P, Meeuwse W, Dvorak J, et al. Consensus statement on concussion in sport - international conference on concussion in sport held in Berlin, October 2016. Br J Sports Med Published First: 26/4/2017. Doi:10.1136/bjsports-2017-097699