

Sports Concussion Training Now Available



Sports concussion training is now available for youths of all ages through high school, including youths, teammates, coaches, trainers, teachers, nurses and parents. Learn how to prevent sports concussions as well as to identify signs and symptoms if a sports concussion occurs.

As we want to ensure that our youth who play sports play it safe, the Brain Injury Association of Georgia has taken an active role in putting together a training curriculum on sports concussions for schools and youth sports organizations through high school. This training has been developed through interactions with trainers, players, coaches, parents whose youth athletes are living with the affects of a brain injury and the Center for Disease Control and Prevention. Elements of this training are also recognized by the National Football League.

It's a Team Sport Recognizing a concussion is not just one person's responsibility. Each sport is a team sport and each player needs to look after each other. What a coach may miss a teacher may notice in the classroom or a parent may see at home. Teammates, coaches, trainers, parents, school nurses and teachers all need to be aware of the seriousness of a concussion and how to recognize when a child or young adult has sustained one.

What You Will Learn From the Training You will learn how to recognize a concussion; signs and symptoms to look for; questions to ask; when a player should come out of the game; when to seek medical attention; return to play protocol and how to prevent the next concussion, as prevention is the only key.

What is a Concussion? A concussion is a brain injury caused by a blow or jolt to the head. This injury can range from mild to severe and can disrupt the way the brain normally works. An athlete does not need to lose consciousness to sustain a concussion. You cannot see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up days or weeks after the injury. It is best to seek medical attention right away if you think you or a family member might have a concussion. An undiagnosed concussion can affect the individual's abilities at school or work and in everyday activities.

How many sports concussions occur each year?

- An estimated 1.6 to 3.8 million sports- and recreation-related concussions occur in the United States each year
- The incidence rate for concussion is highest among football players
- The next two highest rates among boys' sports are ice hockey and lacrosse
- In girls' sports, the incidence rate is highest in soccer, gymnastics and la-Crosse
- During 2001 to 2005, children and youth ages 5 to 18 years accounted for 2.4 million sports-related emergency department (ED) visits annually, of which 20 percent are brain injuries
- Because sports-related concussions tend to be underreported, the number may, in fact, be much higher
- High school athletes' recovery times for a sports concussion are longer than college athletes' recovery times
- High school athletes who sustain a concussion are three times more likely to sustain a second concussion
- Lack of proper diagnosis and management of concussion may result in serious long-term consequences, or risk of coma or death

Schedule A Training Today! To schedule a training session for your school or organization, please call Clint Sitton or Marsha Still at the Brain Injury Association of Georgia at 404-712-5504.

