



Dear Coach:

Each year, about 300,000 sports-related traumatic brain injuries occur in our country, and most can be classified as concussions. Concussions can occur in any sport—and *all are serious injuries!*

The Centers for Disease Control and Prevention (CDC), working in partnership with noted professional medical, sport, and educational organizations, is conducting an education initiative to help coaches prevent, recognize, and manage concussion in high school sports. As part of this effort, we are pleased to provide you with the enclosed tool kit, *Heads Up: Concussion in High School Sports*. It contains:

- A concussion guide for coaches;
- A coach's wallet card on concussion for quick reference;
- A coach's clipboard sticker with concussion facts and space for emergency contacts;
- A fact sheet for athletes in English and Spanish;
- A fact sheet for parents in English and Spanish;
- An educational video/DVD for you to show athletes, parents, and other school staff;
- Posters to hang in the gym or locker room; and
- A CD-ROM with additional resources and references.

High school coaches can use tool kit materials to:

- Educate themselves, athletes, parents, and school officials about sports-related concussion; and
- Work with school officials to develop an action plan for dealing with concussion when it occurs.

Your views about the tool kit are invaluable to us and we invite you to share them with us. Please email your comments to ohcinfo@cdc.gov with a subject line "Concussion Tool Kit." The *Heads Up* tool kit can also be ordered or downloaded free-of-charge at: http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm. We hope you will include these materials as an integral part of your school's athletic program.

Sincerely,

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American Association for Health Education
American College of Sports Medicine
American School Health Association
Association of State and Territorial Health Officials
Brain Injury Association of America
Institute for Preventative Sports Medicine
National Association for Sport and Physical Education
National Athletic Trainers Association
National Federation of State High School Associations
National Safety Council
North American Brain Injury Society
University of Pittsburgh Medical Center
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