

Heads Up! FREE Online Training for Youth Sports Coaches

Learn How to Help Take Concussions Out of Play

As a coach your top priority is keeping your athletes safe and preparing them for the future—both on and off the field. So you may be wondering:

- How Can I Recognize a Possible Concussion?
- What Should I Do if I Suspect an Athlete Has a Concussion?
- How Can I Help Prevent or Prepare for Concussions?

Good news! The Centers for Disease Control and Prevention (CDC) and its partners have developed the **FREE Heads Up: Concussion in Youth Sports** online training for coaches that can help answer these questions.

You can be prepared for the new season in **less than 30 minutes**. Simply go online and take the self-guided training. Once you complete the training and quiz, you can print out a certificate, making it easy to show your league or school you are ready for the season.

Complete the FREE training today by visiting: www.cdc.gov/Concussion.

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.