



## CONCUSSION AWARENESS CAMPAIGN

*Revised 3/9/2022*

USA Water Ski & Wake Sports is embracing a concussion awareness campaign to educate our members about concussion injuries. This campaign is designed to be educational for safety officials, anyone who coaches water ski and wake sports, athletes who participate, and parents of athletes. More and more is becoming known about the impact of a concussion injury; and there now exists pertinent information prepared by the Centers for Disease Control and Prevention (CDC).

### FAST FACTS

- Concussions can occur *in any sport*.
- A concussion is a brain injury, and all are serious.
- Most concussions occur without loss of consciousness.
- Recognition and proper response to concussions when they **first occur** can help prevent further injury or even death.

### WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious.

Concussions can occur in *any* sport or recreational activity. Consequently, all coaches, parents and athletes need to learn to recognize concussion signs and symptoms and understand what to do if a concussion occurs. The Center of Disease Control and Prevention (CDC) has created free tools for youth and high school sports coaches, parents, athletes, and health care professionals that provide important information on preventing, recognizing, and responding to a concussion.

### Get the Facts:

[https://www.cdc.gov/traumaticbraininjury/get\\_the\\_facts.html](https://www.cdc.gov/traumaticbraininjury/get_the_facts.html)

### How can I recognize a possible concussion?

[https://www.cdc.gov/headsup/basics/concussion\\_symptoms.html](https://www.cdc.gov/headsup/basics/concussion_symptoms.html)

### What should I do if a concussion occurs?

[https://www.cdc.gov/headsup/basics/concussion\\_respondingto.html](https://www.cdc.gov/headsup/basics/concussion_respondingto.html)

### What can I do to prevent concussions in sports?

[https://www.cdc.gov/headsup/basics/concussion\\_prevention.html](https://www.cdc.gov/headsup/basics/concussion_prevention.html)

### Where can I find additional resources?

<https://www.cdc.gov/headsup/resources/index.html>

## **FREE ONLINE TRAINING COURSE**

**CDC produces a FREE online training course, Heads Up Online Training is required for all safety officials and coaches and recommended for those who are responsible for athletes and their safety.** This online training program covers a

wide variety of information about concussions, including signs and symptoms, how to respond to a suspected concussion and steps to take to assist an athlete after being cleared to safely return to play. To learn more about the CDC online training, please click on the below link:

<https://www.cdc.gov/headsup/youthsports/training/index.html>

## **RESOURCES and INFORMATION AVAILABLE:**

<https://www.cdc.gov/headsup/resources/index.html>

### **Information for Coaches:**

Fact Sheet for Coaches

[https://www.cdc.gov/headsup/pdfs/youthsports/coaches\\_engl.pdf](https://www.cdc.gov/headsup/pdfs/youthsports/coaches_engl.pdf)

Clipboard Concussion Information

[https://www.cdc.gov/headsup/pdfs/youthsports/Heads\\_Up\\_Youth\\_Sports\\_Clipboard\\_Sticker-a.pdf](https://www.cdc.gov/headsup/pdfs/youthsports/Heads_Up_Youth_Sports_Clipboard_Sticker-a.pdf)

Concussion Action Plan

[https://www.cdc.gov/headsup/pdfs/custom/HeadsUpConcussion\\_ActionPlan.pdf](https://www.cdc.gov/headsup/pdfs/custom/HeadsUpConcussion_ActionPlan.pdf)

Concussion Facts and Contact Numbers

[https://www.cdc.gov/headsup/pdfs/custom/HeadsUpConcussion\\_Facts.pdf](https://www.cdc.gov/headsup/pdfs/custom/HeadsUpConcussion_Facts.pdf)

Free Online Concussion Training Course Coaches

<https://www.cdc.gov/headsup/youthsports/coach.html>

### **Information for Athletes:**

<https://www.cdc.gov/headsup/youthsports/athletes.html>

### **Information for Parents:**

<https://www.cdc.gov/headsup/youthsports/parents.html>

### **Articles of Interest:**

[The Invisible Injury](#) by Kyle Garratt - Training & Conditioning

## **STATE LAW**

Each state has specific laws regarding concussions. The state-by-state laws for each state can be found at:

<https://cdn3.sportngin.com/attachments/document/7d9c-2511179/JRDA - State Concussion Laws 2021.pdf>