



CONCUSSION AWARENESS CAMPAIGN

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 directors, anyone who coaches water ski and wakeboard, 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:

<http://www.cdc.gov/concussion/sports/facts.html>

How can I recognize a possible concussion?

<http://www.cdc.gov/concussion/sports/recognize.html>

What should I do if a concussion occurs?

<http://www.cdc.gov/concussion/sports/response.html>

What can I do to prevent concussions in sports?

<http://www.cdc.gov/concussion/sports/prevention.html>

Where can I find additional resources?

<http://www.cdc.gov/concussion/sports/resources.html>

FREE ONLINE TRAINING COURSE

CDC produces a FREE online training course, Head's Up Online recommended for all safety directors, coaches and 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:

http://www.cdc.gov/concussion/headsup/online_training.html

RESOURCES and INFORMATION AVAILABLE:

<http://www.cdc.gov/concussion/sports/resources.html>

Information for Coaches:

Fact Sheet for Coaches: http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf

Coach's Clipboard: http://www.cdc.gov/concussion/pdf/clipboard_Eng.pdf

Main Message Poster: http://www.cdc.gov/concussion/pdf/poster_Eng.pdf

Heads Up Online Training Course: http://www.cdc.gov/concussion/HeadsUp/online_training.html

Information for Athletes:

http://www.cdc.gov/concussion/pdf/athletes_Eng.pdf

Information for Parents:

http://www.cdc.gov/concussion/pdf/parents_Eng.pdf

Articles of Interest:

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

ESIX RISK MANAGER NOTICES

[ESIX Client Notification - Concussion Legislature](#) - Posted 08/16/2010

[ESIX Client Notification - ALS Concussions and Concussion Management Guidelines](#) - Posted 09/13/2010

[ESIX Client Notification - Concussion Treatment and Care Tools Act 2009](#) - Posted 10/13/2010

[ESIX Client Notification - State Legislation Update January 2011](#) - Posted 02/22/2011

STATE LAW

Each state has specific laws regarding concussions. The state-by-state laws for each state can be found through the USA Football website at:

<http://usafootball.com/news/featured-articles/see-where-your-state-stands-concussion-law>