

Approved Training Materials for Sports-related Concussion

Centers for Disease Control (CDC):

The on-line courses can be found at:

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

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>

The written materials can be found at:

Student athletes:

http://www.cdc.gov/concussion/pdf/Athletes_Fact_Sheet-a.pdf

http://www.cdc.gov/concussion/pdf/Athletes_Fact_Sheet_Spanish-a.pdf

Parents:

http://www.cdc.gov/concussion/pdf/Parents_Fact_Sheet-a.pdf

http://www.cdc.gov/concussion/pdf/Parents_Fact_Sheet_Spanish-a.pdf

Coaches:

http://www.cdc.gov/concussion/pdf/Coach_Guide-a.pdf

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

School nurses:

<http://www.cdc.gov/concussion/HeadsUp/schools.html>

CDC Online video clip:

http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm#Video

This tool kit is designed for athletic staff (coaches, athletic directors, and trainers) as well as parents/guardians and school health personnel and is meant to “provide a commonsense approach to help raise awareness and

www.cdc.gov/ConcussionInYouthSports

For more detailed information on concussion and traumatic brain injury, visit:

<http://www.cdc.gov/injury>

CDC Fact Sheets In Spanish:

http://www.cdc.gov/concussion/pdf/athletes_fact_sheet_spanish-a.pdf

http://www.cdc.gov/concussion/pdf/parents_fact_sheet_spanish-a.pdf

Massachusetts Department of Public Health (MDPH) Materials:

Recent Regulations on Head Injuries and Concussions in Extracurricular Athletic Activities

In response to recent legislation on sports-related head injuries, the Department of Public Health developed regulations that were promulgated on June 24, 2010.

Please see links below to view these regulations. There are also links to forms that schools may use for documenting a student athlete’s concussion history

prior to participation in extracurricular athletic activities and during a sports season as well as forms for use by those who clear students to return to play. Additional links are provided to those training programs that have been approved by the Department to meet the requirements of the regulations.

- [105 CMR 201: Head Injuries and Concussions in Extracurricular Athletic Activities](#)
- [Pre-participation Head Injury/Concussion Reporting Form For Extracurricular Activities \(PDF\)](#)  | 
- [Report of a Head Injury During Sports Season Form \(PDF\)](#)  | 
- [Post Sports-Related Head Injury Medical Clearance and Authorization Form \(PDF\)](#)  | 

MDPH Approved Training:

The training programs listed below meet the requirements of the regulations. They are on line and available free of charge.

- [Center for Disease Control and Prevention Heads Up Concussion in Youth Sports On-Line Training Program](#)
- [National Federation of State High School Associations Concussion in Sports – What you Need to Know](#)

Additional Materials from MDPH:

- [From the Commissioner \(PDF\)](#)  | 
- [Sports Concussion Fact Sheet \(PDF\)](#)  | 
- [Sports-related Head Injury Regulations Frequently Asked Questions](#)  | 

Other Training Resources:

The following represents a menu of **FREE** and credible materials/resources for administrators, coaches, parents and student athletes:

NATIONAL FEDERATION – www.nfhslearn.com

- [National Federation of State High School Associations Concussion in Sports – What you Need to Know](#)
- Suggested Guidelines for Management of Concussion in Sports brochure
- Concussions – NFHS Sports Medicine Handbook