



## CONCUSSION RESOURCES

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

### **NATIONAL FEDERATION - [www.nfhslearn.com](http://www.nfhslearn.com)**

- Free on-line concussion course (What you need to know)
  - Suggested Guidelines for Management of Concussion in Sports brochure ([Click here](#) to view brochure)
  - Concussions – NFHS Sports Medicine Handbook
  - [A Parent's Guide to Concussions in Sports](#)
- 

### **CENTER FOR DISEASE CONTROL - [www.cdc.gov/concussion](http://www.cdc.gov/concussion)**

- CDC Resources on Concussions:
    - Facts about Concussion and Brain Injury: Where to Get Help
    - Heads Up: Brain Injury in Your Practice initiative
    - Heads Up: Concussion in High School Sports initiative
    - Heads Up: Concussion in Youth Sports initiative
    - Heads Up: Prevent Shaken Baby Syndrome (SBS)
    - Help Seniors Live Better, Longer: Prevent Brain Injury initiative
  - CDC has information available for individuals, including parents and athletes whose first language is Spanish and may not find the on-line course accessible:
    - Coaches: [http://www.cdc.gov/concussion/pdf/Coach\\_Guide-a.pdf](http://www.cdc.gov/concussion/pdf/Coach_Guide-a.pdf) and [http://www.cdc.gov/concussion/pdf/coaches\\_engl.pdf](http://www.cdc.gov/concussion/pdf/coaches_engl.pdf)
    - School nurses: <http://www.cdc.gov/concussion/headsup/schools.html>
    - Athletes: [http://www.cdc.gov/concussion/pdf/athletes\\_fact\\_sheet-a.pdf](http://www.cdc.gov/concussion/pdf/athletes_fact_sheet-a.pdf) [http://www.cdc.gov/concussion/pdf/athletes\\_fact\\_sheet\\_spanish-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-a.pdf) [http://www.cdc.gov/concussion/pdf/parents\\_fact\\_sheet\\_spanish-a.pdf](http://www.cdc.gov/concussion/pdf/parents_fact_sheet_spanish-a.pdf)
- 

### **BRAIN INJURY ASSOCIATION OF MASSACHUSETTS (BIA-MA) – [www.biama.org](http://www.biama.org)**

Prevention Programs include:

- Brains at Risk
  - Gateway
  - Think A Head
  - Keys
  - Falls
  - Jose and Maria
  - Sport Concussion Cards
  - DVD's for athletes, parents & coaches—excellent resource for pre-season meetings
- 

### **MASSACHUSETTS MEDICAL SOCIETY (MMS) – [www.massmed.org](http://www.massmed.org)**

- Concussion / A Coach's Guide for Sideline Evaluations (Concussion Education Brochure)

**School Nurses and Athletic Trainers Team Up on Concussion Management**

Supporting the Student-Athlete's Return to the Classroom After a Sport-Related Concussion