



# Concussion Education

## *Changing the Culture of Concussion Starts with You!*

**You may not know it, but you're lucky.** You are a member of an organization that CARES. You belong to an organization that believes Concussion Protocol is necessary to protect youth players, their brains and their cognitive performance.

Think about it. If we put half as much time - and half as many resources - into concussion education and management as we do into the hunt for more time on the ice, how much safer would our players be, and our sport be to play?

It is not enough to have a concussion protocol that other people manage. It is not enough to leave it up to a handful of people in every organization or rink to see every hit or awkward fall that results in a potential concussion. It is not enough to hope that those identifying concussions are actually reporting them.

*Not reporting a concussion in order to stay on the ice is playing a dangerous game with someone's brain..... Someone who has their whole life ahead of them. If a concussed player returns to play too early and suffers further injury..... was that shift worth it?*

## CDC HEADS UP Concussion Training

The Pacific District of USA Hockey believes that every registered member of the organization – players, parents, coaches, managers, locker room attendants, scorekeepers, board members and countless others – needs to be educated. By taking the CDC Heads Up training, you will be investing less than one hour of your life into knowledge that could potentially save a life.

Launch the Course: <http://www.cdc.gov/headsup/youthsports/training/>



By taking this free, online course and using what you learn, you will be well positioned to improve the culture of concussion. **Your actions can help create a safe environment for young athletes so that they can stay healthy, active, and thrive - both on and off the playing field.**

**What role will YOU play in Concussion Management?**