

CONCUSSION

TIPS FOR COACHES

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TALK TO YOUR ATHLETES

Have discussions with your athletes about any concerns they have regarding reporting symptoms. Make sure your athletes know there is an expectation to tell you or their parents if they are having any symptoms.

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TEACH PROPER TECHNIQUE

Teach age appropriate techniques. Proper technique helps reduce concussion risk. For athletes younger than 13 years old, focus on agility, hand-eye coordination, and conditioning. Developing these skills help athletes prepare for later years in sports.

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AVOID UNSAFE PLAY

Encourage your athletes to play by the rules. Avoid unsafe actions like: hits to the head, using head or helmet to initiate contact, making illegal contact, and purposefully trying to injure another athlete.

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HAVE A CONCUSSION ACTION PLAN

Develop a plan for how to handle a potential concussion. Allow other coaches to help so everyone is on the same page. You should include:

- Remove an athlete from play immediately if you suspect a concussion
- Do not allow an athlete to return to play until they have been cleared by a healthcare provider
- Return to play should occur in a stepwise fashion at the direction of the treating provider

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STAY UP-TO-DATE ON CONCUSSION INFORMATION

Concussion information changes rapidly. Stay up-to-date on your state, league, and organization concussion guidelines and protocols. Coaches should be comfortable recognizing possible concussions and referring for further evaluation.