



LEARNING PROGRAM

Concussion Awareness

FOR HIGHER ED

From the emergency room to the courtroom, concussions are garnering increased attention as the medical science and legal requirements evolve. The National Collegiate Athletic Association (NCAA) estimates that concussions account for nearly 20 percent of athletic injuries, and in July 2014, settled a class-action lawsuit related to concussions sustained in collegiate sports. At that time, they also released revised guidelines for ensuring player safety.

This Concussions Awareness learning program helps UE members keep players safe and effectively manage head injuries sustained in sports. A variety of interactive tools are used to introduce and reinforce the important of concussion awareness and management.

Concussion Awareness for Coaches and Athletics Staff

Online Course ⌚ 20 Minutes 👤 Coaches and Athletic Staff

Topics Covered:

- Signs and symptoms of concussions
- The sports most impacted by concussions
- The importance of removing concussed athletes from play
- How to address the “culture of resistance” among some athletes

Concussion Awareness for Athletes

Online Course ⌚ 20 Minutes 👤 Students

Topics Covered:

This course is modeled after the coaches course and provides information from the student perspective.

Concussion Management Resources

- **Best Practices Check Up**—A self-evaluation tool to determine how well your institution follows best practices for athletic safety.
- **Checklist for Creating an Athletics Concussion Management Plan**—The NCAA requires higher education institutions to have a plan on file. Use this checklist to create or update your plan.

Who Would Benefit From This Learning Program?

Anyone who is involved with sports programs on higher ed campuses—including intercollegiate athletics, club and intramural sports, and youth sports camps—should take advantage of these resources. This includes coaches, athletics staff, and athletes.

Accessing the Learning Program

Visit EduRiskSolutions.org for more information, including the Best Practices Check-up and downloadable resources. Then, direct coaches and athletics staff to the online course at EduRiskLearning.org.