



# Youth Athletics Learning Program

## Who Would Benefit From This Learning Program

Anyone who is part of providing, managing, or participating in athletics at a K-12 school, or who runs youth athletics camps or programs at a higher ed institution, should take advantage of these resources. This may include:

- Athletic Boosters
- Athletics Staff
  - Coaches
  - Athletic Directors
  - Trainers
- General Counsel
- Risk Managers
- Nurses
- Student Athletes
- Team Managers
- Volunteer Coaches

For many youth, participation in school sports provides an enriching experience to complement their academic learning. In 2011-2012, 7.7 million youth participated in high school athletic programs in the US. This large number calls for growing attention to player safety. Consider that 30 high school students died from heat stroke between 1995 and 2010, and hundreds were hospitalized. The second most common injury in high school sports—and one which is gaining national attention from the medical and legal communities—is concussions.

Based on a review of athletic claims filed by members of United Educators (UE), this learning program addresses these top issues, enabling your school to keep student-athletes safe and reduce your liability. Focusing on heat illness and concussion, the Youth Athletics Learning Program offers resources for states that mandate concussion and/or heat illness education.

## The learning program includes:

- **Best Practices Check Up:** Evaluate your school's practices for athletic safety, then consult with a UE risk management professional to address any deficiencies.
- **Heat Illness Prevention Mini-Course:** This short, interactive course (20 mins.) provides best practices on preventing heat illness and helps learners recognize signs and symptoms. Also covered is the importance and components of an effective Athlete Emergency Action Plan.
- **Concussion Mini-Course:** This 20-minute interactive course increases the learner's knowledge of the:
  - Seriousness of concussion injuries
  - Signs and symptoms of concussions
  - Importance of reporting potential concussion signs and symptoms

This course also addresses ways to combat the "culture of resistance" in which parents, athletes, and coaches promote "playing through" concussions.

Training administrators at UE member institutions can learn more about this course at [edurisksolutions.org](http://edurisksolutions.org). Learners, including parents, can be directed to [edurisklearning.org](http://edurisklearning.org) to take the online courses. Contact [risk@ue.org](mailto:risk@ue.org) for help in establishing access to courses.

