



# COMPLETE CONCUSSION MANAGEMENT™

## Coach/Trainer/Teacher Concussion Sideline Course

Total Course Length = 1 hour

### **Module 1: Concussion Basics**

- *How many of our athletes are actually receiving a concussion and why?*
- *How to recognize a concussion (Signs and Symptoms).*
- *What happens inside the brain from a concussion and how long does it take to recover?*

### **Module 2: When a Concussion is Suspected**

- *When do I remove someone from play?*
- *How do I properly assess and monitor a concussion?*
- *What are the immediate and long-term risks associated with concussion?*
- *What is Second-Impact Syndrome?*
- *What immediate and overnight care should be taken to improve the safety and outcome of concussed athletes?*

### **Module 3: Baseline Testing**

- *Should our Athletes be getting Baseline Tested?*
- *What does a Baseline Test do?*
- *What kind of Baseline test should our athletes take?*

### **Module 4: Concussion Management from Medical/Health Care Providers**

- *Where should I be sending my injured athletes for treatment and follow up care?*
- *Who should be making the Return to play decisions for our Athletes?*

### **Module 5: Return to Learn & Play**

- *What are the stages of recovery for an athlete?*
- *When can the athlete return to practice or games?*
- *What drills can the athlete returning to practice participate in?*
- *What restrictions does the athlete have?*
- *What can I do to help?*

### **Module 6: The Concussion Tracker App**

- *How to administer a concussion assessment*
- *How to report an injury*
- *How to add a team roster*
- *How to view progress on injured athletes*