

## Influencing Policy & Legislation

- **Work with your local school district and coaches association to implement policies on concussion.**
  - The policy should include that athletes have a pre-season baseline testing exam conducted by a trained health care professional. Baseline tests are used to assess an athlete's balance and brain function (including learning and memory skills, ability to pay attention or concentrate, and how quickly he or she thinks and solve problems), as well as for the presence of any concussion symptoms
  - Concussion policy statements can be developed to include a commitment to safety, a brief description about concussion, and information on when athletes can safely return to play (i.e., an athlete should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play).
  - .3Parents and athletes should sign the concussion policy statement at the beginning of each sports season.

## Changing Organizational Practices

- Pre-season physical exams include a baseline testing exam.
- Create a concussion action plan. To ensure that concussions are identified early and managed correctly, have an action plan in place before the season starts.

## Fostering Coalitions & Networks

- Involve and get support from other parents and/or league or school officials to help ensure that the aconcussion policy is in place before the first practice.
- Work closely with league or school officials.
- Be sure that appropriate individuals are available for injury assessment and referrals for further medical care. Enlist health care professionals (including school nurses) to monitor any changes in the athlete's behavior that could indicate that they have a concussion.

## Educating Providers

- Educate coaches and school officials about the dangers of concussion and potential long-term consequences of concussion.
- Distribute the CDC Heads Up fact sheets to coaches and school officials, and youth sports associations.

## Promoting Community Education

- Promote information about concussions through the CDC Injury Center social media outlets.
  - Facebook.com/cdcheadsup
  - Twitter.com/CDCInjury

## Strengthening Individual Knowledge & Skills

- Teach athletes it's not smart to play with a concussion. Before the first practice, talk to athletes and parents about the dangers of concussion and potential long-term consequences of concussion.
- Ask athletes or parents to report concussions that occurred during any sport or recreation activity. This will help in monitoring injured athletes who participate in multiple sports throughout the year.
- Show the CDC Heads Up videos and pass out the concussion fact sheets for athletes and for parents at the beginning of the season and again if a concussion occurs.