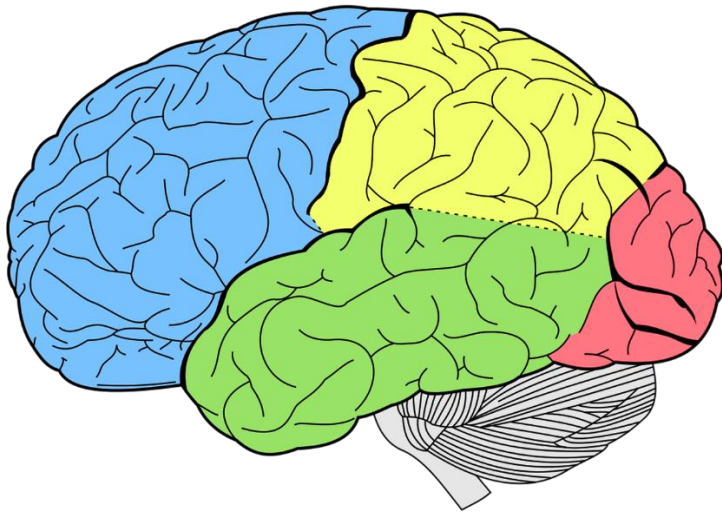


Concussion



Information and Resources for Municipal Recreation Programs
 Concussion is an invisible brain injury that cannot be seen by an x-ray, MRI, or CT scan. Coaches, teachers, parents, teammates and medical professionals cannot diagnose concussed players just by looking at them. These online resources on concussion give players, parents, coaches and educators the tools and resources they need to prevent, recognize, and manage concussion. ([Parachute, 2016](#))

A concussion is a clinical diagnosis which can only be made by a medical doctor or nurse practitioner. It is critical that anyone with a suspected concussion be examined by a medical doctor or nurse practitioner.

[Concussion Management and return to learn](#) this is an excellent introduction video on YouTube by Dr. Mike Evans (length 10:02)

Description	
Coach/Counsellor	<ul style="list-style-type: none"> ▪ CATT Online (Concussion Awareness Training Tool) for Coaches and Parents. This 30 minute online course provides concussion education including scenarios and quiz. ▪ Handouts ▪ Roles and Responsibilities
Players	<ul style="list-style-type: none"> ▪ Concussion Toolkit with education, roles and responsibilities and FAQ ▪ Roles and Responsibilities and includes concussion guidelines for the athlete to download. ▪ Concussion videos and resources
Parents	<ul style="list-style-type: none"> ▪ FAQ on Concussion ▪ Roles and Responsibilities ▪ CATT online (Concussion Awareness Training Tool) for Parents and Coaches. This 30 minute online course provides concussion education including scenarios and quiz.

Revised May 2017