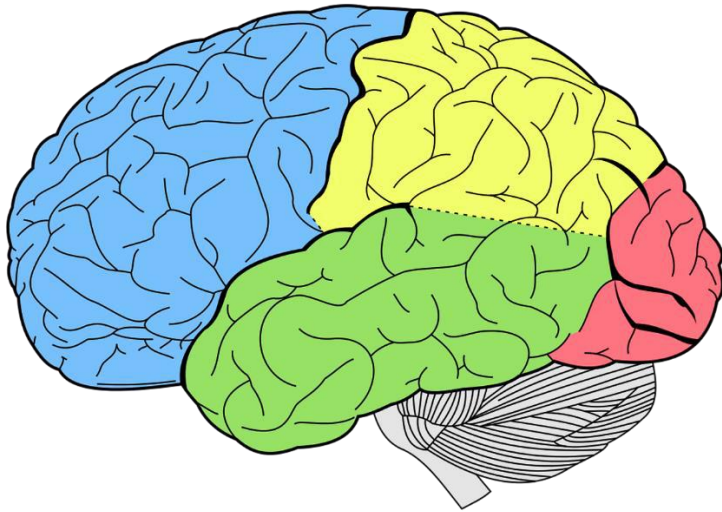


Concussion



Information and Resources for Municipal Recreation Programs & Summer Camps

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 ([June 2018, Parachute](#)).

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/Resources ▪ Coaches – Rowan’s Law ▪ Concussion Legacy Foundation Canada - Team Up Speak Up
Players	<ul style="list-style-type: none"> ▪ Concussion Toolkit with education, roles and responsibilities and FAQ ▪ Return to sport and learn ▪ Concussion videos and resources
Parents	<ul style="list-style-type: none"> ▪ Frequently asked Questions multiple pages ▪ Concussion Guide ▪ CATT online

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