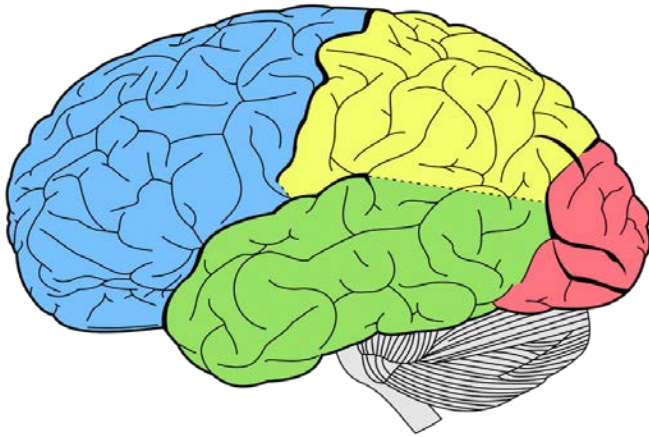


Concussion



Information and resources for sport 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, 2018](#))

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. ▪ Concussion resources ▪ Concussion guide |
| Players | <ul style="list-style-type: none"> ▪ CATT Online Concussion Training Tool for Players ▪ Return to sport, concussion videos and resources |
| Parents | <ul style="list-style-type: none"> ▪ CATT Online Concussion Training Tool for Parents. ▪ Concussion resources ▪ Concussion education and resources |



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