



CONCUSSION CHECKLIST FOR COACHES

Note: Individual parishes may have additional requirements on top of the CYO's policy

- 1) Make sure you have downloaded all the files provided on the CYO website regarding concussion education and policy
- 2) Read the **CYO's Concussion and Head Injury Fact Sheet** for coaches provided by *St. Vincent's Sports Medicine* which is included in the online coaches packet.
- 3) Use the link attached at the end of the fact sheet and watch the **'Heads Up Online Training Course'** video provided by the CDC educate yourself and help keep athletes safe from concussion.
- 4) Know the signs and symptoms of a concussion
- 5) Ensure that parents and student athletes have all the necessary concussion information. It can all be found and downloaded on CYO's website, or it can be handed out and discussed with families by coaches.
- 6) Discuss with players and parents the **'Heads Up' - Concussion in High School Sports – A Fact Sheets for Parents and Athletes** (2 sheets)
- 7) Familiarize yourself with baseline testing through the Concussion Alliance's **ImPACT baseline testing information sheet** and encourage the taking of this test to parents and athletes who should have gotten this information when registering.
- 8) Download and print off copies of the **CYO sideline concussion test** to have available during all games and practices.
- 9) Use the test as part of the plan each coach needs to identify and properly handle students that are suspected of having a concussion or head injury
- 10) If the test is failed or an athlete is suspected of having a head injury, they may not return to the game that day or practice until they are evaluated by a licensed health care provider trained in the evaluation and management of concussions and head injuries
- 11) A signed release form from a licensed health care provider is required to be obtained by a coach before any athlete can return to play



*St. Vincent
Sports Performance*



Athletes Concussion Alliance