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## Heads Up: Concussion in Youth Sports





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[Spanish version \(/conclusion/HeadsUp/spanish/youth.html\)](/conclusion/HeadsUp/spanish/youth.html)

To help ensure the health and safety of young athletes, CDC developed the *Heads Up: Concussion in Youth Sports* initiative to offer information about concussions to coaches, parents, and athletes involved in youth sports. The *Heads Up* initiative provides important information on preventing, recognizing, and responding to a concussion.

### Heads Up Tool Kit for Youth Sports




#### Information for Coaches

- [Online Training Course for Youth Sports \(/conclusion/HeadsUp/online\\_training.html\)](/conclusion/HeadsUp/online_training.html)
-  [Fact Sheet \[PDF 424KB\] \(/conclusion/pdf/coaches\\_Engl.pdf\)](/conclusion/pdf/coaches_Engl.pdf)
-  [Clipboard \[PDF 202KB\] \(/conclusion/pdf/clipboard\\_Eng.pdf\)](/conclusion/pdf/clipboard_Eng.pdf)
-  [Poster \[PDF 328KB\] \(/conclusion/pdf/poster\\_Eng.pdf\)](/conclusion/pdf/poster_Eng.pdf)
-  [Quiz \[PDF 170KB\] \(/conclusion/pdf/quiz\\_Eng.pdf\)](/conclusion/pdf/quiz_Eng.pdf)






[\(/conclusion/HeadsUp/online\\_training.html\)](/conclusion/HeadsUp/online_training.html)

#### Information for Athletes

-  [Fact Sheet \[PDF 647KB\] \(/conclusion/pdf/athletes\\_Eng.pdf\)](/conclusion/pdf/athletes_Eng.pdf)
-  [Poster \[PDF 328KB\] \(/conclusion/pdf/poster\\_Eng.pdf\)](/conclusion/pdf/poster_Eng.pdf)
-  [Quiz \[PDF 170KB\] \(/conclusion/pdf/quiz\\_Eng.pdf\)](/conclusion/pdf/quiz_Eng.pdf)

#### Information for Parents

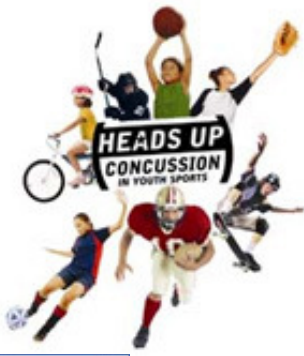
-  [Fact Sheet \[PDF 706KB\] \(/conclusion/pdf/parents\\_Eng.pdf\)](/conclusion/pdf/parents_Eng.pdf)
-  [Magnet \[PDF 103KB\] \(/conclusion/pdf/magnet-a.pdf\)](/conclusion/pdf/magnet-a.pdf)
-  [Quiz \[PDF 170KB\] \(/conclusion/pdf/quiz\\_Eng.pdf\)](/conclusion/pdf/quiz_Eng.pdf)

**If you think your athlete has sustained a concussion...**

✓ **don't assess it yourself.**

✓ **Take him/her out of play,**

✓ and seek the advice of a health care professional.





"There is no one tougher than my son. Sometimes players and parents wrongly believe that it shows strength and courage to play injured. Battling pain is glamorized. Zack couldn't swallow or hold his head up. Strength is seeing Zack stand up out of his wheelchair and learning to talk again."


- Victor Lystedt, Zack's Dad. [Read more survivor stories \(/concuSSION/sports/stories.html\)](/concuSSION/sports/stories.html)


### Order or Download the Parent and Athlete Information Sheet:

Parent/Athlete information sheet includes signature lines and can be ordered or downloaded and distributed during registration or prior to the first practice.

- Parent/Athlete Information Sheet:  [English \(/concuSSION/headsup/pdf/Parent Athlete Info Sheet-a.pdf\)](/concuSSION/headsup/pdf/Parent%20Athlete%20Info%20Sheet-a.pdf) and  [Spanish \(/concuSSION/pdf/Parent Athlete Info Sheet Spanish-a.pdf\)](/concuSSION/pdf/Parent%20Athlete%20Info%20Sheet%20Spanish-a.pdf)
- [Order \(http://wwwn.cdc.gov/pubs/ncipc.aspx#tbi4\)](http://wwwn.cdc.gov/pubs/ncipc.aspx#tbi4)

### Learn More:

-  [Activity Report \[PDF 2MG\] \(/concuSSION/pdf/Heads Up Activity Report Final-a.pdf\)](/concuSSION/pdf/Heads%20Up%20Activity%20Report%20Final-a.pdf)
- See also [Heads Up: Concussion in High School Sports \(/concuSSION/headsup/high\\_school.html\)](/concuSSION/headsup/high_school.html).

**Follow us on Facebook (<http://www.facebook.com/cdcheadsup>)  (<http://www.cdc.gov/Other/disclaimer.html>) and share your experiences and learn about new CDC's resources to help parents and coaches address concussion in sports.**

**For additional resources (videos, promotional materials, etc.) and to order free materials, [click here \(/concuSSION/sports/resources.html\)](/concuSSION/sports/resources.html)**

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