



---

## Heads Up: Concussion in High School Sports

---

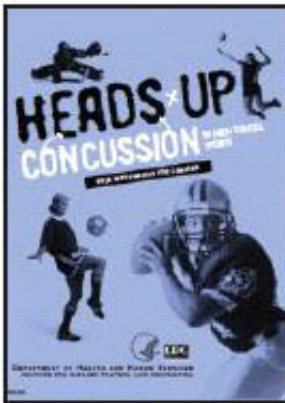
**Add concussion awareness to your pre-game checklist.**

- ✓ **Equipment**
- ✓ **Water**
- ✓ ***Heads Up: Concussion in High School Sports* materials**

There's no doubt about it: sports are a great way for teens to stay healthy while learning important team-building skills. But there are risks to pushing the limits of speed, strength and endurance. And athletes who push the limits sometimes don't recognize their own *limitations*—especially when they've had a concussion.

That's where you come in. It's up to *you*, as a coach, to help recognize and make the call to pull an athlete off of the field, ice, court, or track if you think s/he might have a concussion. Playing with a concussion can lead to long-term problems. It can even be *fatal*.

To help you properly identify and respond to a concussion, CDC, in partnership with leading experts and organizations, developed the ***Heads Up: Concussion in High School Sports*** initiative and materials.



So as you're building your *concussion* game plan, make sure to check these boxes:

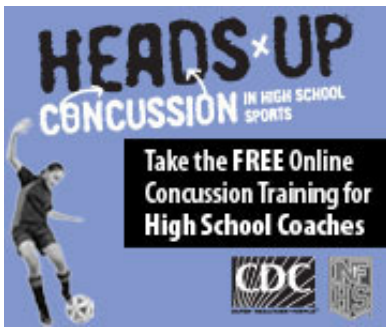
- ✓ Learn concussion symptoms and danger signs
- ✓ Know how to respond if a concussion occurs
- ✓ Set up a four-step [Heads Up Action Plan](/concussion/sports/response.html) before the season starts
- ✓ Educate [athletes \(#4\)](#), [parents \(#5\)](#), and others

**To order these “Heads Up” materials at no cost, [click here](http://wwwn.cdc.gov/pubs/ncipc.aspx#tbi4)**

**To download more “Heads Up” videos, PSAs, and web banners or other promotional materials, [click here](/concussion/sports/resources.html)**

### Information for Coaches

- [Free online training for Coaches of High School Sports](http://nfhslearn.com/courses/38000) (<http://nfhslearn.com/courses/38000>)  (<http://www.cdc.gov/Other/disclaimer.html>)
-  [Guide for Coaches \[PDF 398KB\]](/concussion/pdf/Coach_Guide-a.pdf) ([/concussion/pdf/Coach\\_Guide-a.pdf](/concussion/pdf/Coach_Guide-a.pdf))
- [Brandon's story—Video on Concussion](/TraumaticBrainInjury/CTK_Video_WM_BB.html) ([/TraumaticBrainInjury/CTK\\_Video\\_WM\\_BB.html](/TraumaticBrainInjury/CTK_Video_WM_BB.html))
-  [Coach's Wallet Card \[PDF 230KB\]](/concussion/pdf/Wallet_Card-a.pdf) ([/concussion/pdf/Wallet\\_Card-a.pdf](/concussion/pdf/Wallet_Card-a.pdf))
-  [Coach's Clipboard Sticker \[PDF 53KB\]](/concussion/pdf/Clipboard_Sticker-a.pdf) ([/concussion/pdf/Clipboard\\_Sticker-a.pdf](/concussion/pdf/Clipboard_Sticker-a.pdf))
-  [Symptoms Poster \[PDF 115KB\]](/concussion/pdf/Signs_Symptoms_Poster-a.pdf) ([/concussion/pdf/Signs\\_Symptoms\\_Poster-a.pdf](/concussion/pdf/Signs_Symptoms_Poster-a.pdf))
-  [Main Message Poster \[PDF 207KB\]](/concussion/pdf/Main_Message_Poster-a.pdf) ([/concussion/pdf/Main\\_Message\\_Poster-a.pdf](/concussion/pdf/Main_Message_Poster-a.pdf))



<http://nfhslearn.com/courses/38000>

<http://www.cdc.gov/Other/disclaimer.html>

## Information for Athletes

[Fact Sheet for Athletes English \[PDF 94KB\] \(/concussion/pdf/Athletes\\_Fact\\_Sheet-a.pdf\)](#)

[Fact Sheet for Athletes Spanish \[PDF 53KB\]](#)

[\(/concussion/pdf/Athletes\\_Fact\\_Sheet\\_Spanish-a.pdf\)](#)

## Information for Parents

[Fact Sheet for Parents English \[PDF 255KB\] \(/concussion/pdf/Parents\\_Fact\\_Sheet-a.pdf\)](#)

[Fact Sheet for Parents Spanish \[PDF 60KB\]](#)

[\(/concussion/pdf/Parents\\_Fact\\_Sheet\\_Spanish-a.pdf\)](#)



For information on concussion in youth sports, see also [Heads Up: Concussion in Youth Sports \(/concussion/HeadsUp/youth.html\)](#).

**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.**

---

Page last reviewed: May 24, 2013

Page last updated: July 9, 2013

Content source: [Centers for Disease Control and Prevention](#), [National Center for Injury Prevention and Control](#)

---

Centers for Disease Control and Prevention 1600 Clifton Road Atlanta, GA

30329-4027, USA

800-CDC-INFO (800-232-4636) TTY: (888) 232-6348 - [Contact CDC-INFO](#)

