

THE RISK OBSERVER

CONCUSSIONS SUSTAINED BY ATHLETES

Concussions are a type of traumatic brain injury (TBI), caused by a blow or jolt to the head. A TBI can range from mild to severe. According to the Center for Disease Control (CDC), more than 300,000 people sustain sports and recreation TBI's every year.

Coaches, athletic directors and trainers play a key role in helping to prevent concussions, and managing them properly when they happen. To assist them in this important responsibility, the CDC has developed a tool kit titled, "**Heads Up: Concussion in High School Sports.**" The kit contains a video and DVD, a wallet card and clip board sticker for coaches, posters, fact sheets for parents and athletes, and a CD-ROM with downloadable kit materials and additional resources.

We recommend the tool kit as a valuable resource for the athletic staff in their efforts to prevent injury to students and to deal with concussions when they occur. A free copy of the tool kit can be downloaded from web site:

www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm.



NEW YORK STATE SAFETY GROUP 491