

Complete Concussions Sideline Course.

About Complete Concussions

The CCMI Concussion Sideline course is designed to equip those on the front-lines with a basic understanding of what a concussion is, how to recognize them, and how to safely manage a concussed athlete back into the classroom and the sporting environment.

This course will also teach you how to use the new Concussion Tracker smartphone application to assist you with recognizing and assessing possible concussions on the sidelines!

The Concussion Tracker App provides seamless communication between sports teams, schools, parents, and the local medical team, so everyone is on the same page when a concussion occurs.

completeconcussions.com



Course Outline

Note: The course will take approximately 45 to 70 minutes to complete, and should be done in a single sitting.

01 Concussion Basics

- How many of our athletes are actually receiving a concussion and why?
- How to recognize a concussion (signs and symptoms)
- What happens inside the brain from a concussion and how long does it take to recover?

02 When a Concussion is Suspected

- When do I remove someone from play?
- How do I properly assess and monitor a concussion?
- What are the immediate and long-term risks associated with concussion?
What is second-impact syndrome?
- What immediate and overnight care should be taken?

03 Baseline Testing

- Should athlete's get a baseline test?
- What is the purpose of a baseline test?
- What kind of baseline test should our athletes take?

04 Concussion Management

- Where should I be sending my athletes for treatment and follow up care?
- Who should be making the return-to-play decisions for our athletes?

05 Return to Learn & Play

- What are the stages of recovery for an athlete?
- When can the athlete return to practice or games?
- What drills can the athlete returning to practice participate in? What restrictions does the athlete have?
- What can I do to help?

06 Concussion Tracker App

- How to report an injury
- How to add a team roster
- How to view progress on injured athletes