



Coquitlam Metro-Ford Soccer Club Concussion Education Program



Updated August 2016



Coquitlam Metro-Ford SC in an attempt to be a leader in player safety has adopted a mandatory concussion awareness training program. **We are requiring that all staff and team officials complete the new Concussion Awareness Training module from all Under 11 to Under 18 teams.** In addition, we are strongly recommending that at least one parent from each family complete the course as well.

This module is a resource tool for all players, parents and coaches to gain the education and knowledge on how to respond to concussions. In less than an hour, coaches, parents and athletes can be ready for the impact of a concussion. They can be knowledgeable in terms of how to recognize that a concussion may have occurred, know how to respond.

Parents are central to the management of their child's concussion recovery, including knowing what to do and how to monitor their child on a day-to-day basis.

Coaches need to know the principles of concussion management and know what appropriate action to take when a player sustains a concussion.

Finally, **players** themselves need to understand what a concussion is, how it occurs, what they may be feeling and of utmost importance, acknowledging and telling someone that something is wrong.

This free online tool is now available for parents, players, coaches and trainers as a resource for up to date educational training on the recognition, management and prevention of concussions.

Visit the website at: www.cattonline.com for access to the course. Once completed you will be able to select **Coquitlam Metro-Ford SC** in the drop-down menu to indicate that your club is Coquitlam Metro-Ford Soccer Club and our club will be emailed a notification once each coach has completed the course. **Please ensure this course is completed by October 1st.**