

Heads-up Educators as we “Spring” into the Months of Spring

Did You Know? (According to a Centers for Disease Control and Prevention 2011 report)

In 2009, Emergency Rooms in the United States treated children under 19 for:

- 12,369 Baseball & Softball related brain injuries¹
- 5,025 Trampoline related brain injuries¹
- 3,319 Gymnastics/Dance/Cheerleading related brain injuries¹

What can we do as Educators?

- Teach prevention/safety by encouraging children to “Gear up” and use Consumer Product Safety Commission (CPSC) approved protective gear when playing.
- Teach children to pay attention to temperature so that they are properly hydrated and dressed.
- Encourage appropriate clothing (and sizes) for the sport.
- Recognize the signs of a mild brain injury (sports concussion) and observe guidelines recommended by CDC.

To find ideas, suggestions, and activities for brain injury prevention click [here](#).

Sports Concussion: New law in Michigan

- Michigan recently became the 39th U.S. state to enact a law that regulates sports concussions and return to athletic activity. While the law goes into full effect on June 30, 2013, the Michigan Department of Community Health (MDCH) has launched a website with resources for coaches, parents, and athletes with educational resources and online training courses from the Center for Disease Control and Prevention's (CDC) "Head's Up" Program.
- The MDCH website communicates the details of the law and how to comply with it. Michigan's sports concussion law requires that all organizing entities that sponsor an athletic activity (including any game, competition or practice) to ensure that all coaches, employees, volunteers, or other involved adults, participate in a concussion awareness training program and to provide educational resources on the signs, symptoms and consequences of sports concussions to parents, athletes and volunteers. Parents and athletes will be required to sign a statement acknowledging receipt of educational materials, which is to be kept on file by the organizing entity.
- If a concussion is suspected, the athlete is to be immediately removed from the athletic activity and shall not return to play until they have received written clearance from an appropriate health professional. Medical clearance should only be provided after a graduated return to play plan has been completed and the youth athlete has been symptom free at all stages.
- For more information about the Michigan sports concussion law and to see the educational and training tools available from the CDC's "Heads Up" Program, visit www.michigan.gov/sportsconcussion.

Interested in learning more about TBI and earning continuing education credits? Please visit the MDCH training website at www.mitbitraining.org

¹ http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6039a1.htm?s_cid=mm6039a1_w