

Pre-season

# CONCUSSION EDUCATION CHECKLIST



Pre-Season Education Task	What to use to complete the task
<p>Make concussion education a priority to talk about with players, parents and all sport stakeholders. Plan an educational session with your team, using this checklist and the Pre-Season Concussion Education Team Meeting Guide to ensure you are covering all the necessary material.</p>	<p>Pre-Season Concussion Education Team Meeting Guide <input type="checkbox"/></p>
<p>Review your league's concussion protocol to make sure you are familiar with your responsibility to player safety.</p>	<p>League concussion protocol and any additional concussion resources available <input type="checkbox"/></p>
<p>Plan to include the following information in your concussion education meeting and be sure you are also incorporating your governing league's concussion protocols and information. If you have invited a guest speaker, ask them to cover these topics:</p> <ul style="list-style-type: none"><li>• The definition of concussion</li><li>• Possible causes/ mechanisms of injury (i.e. how a concussion might occur)</li><li>• Common signs and symptoms of concussion</li><li>• Steps that can be taken to prevent concussions and other injuries from occurring in hockey</li><li>• What to do when a player suffers a suspected concussion or more serious head injury</li><li>• What measures should be taken to ensure proper medical assessment, Return-to-School and Return-to-Sport strategies</li><li>• Return-to-Sport medical clearance requirements</li></ul>	<p>Pre-Season Concussion Education Team Meeting Guide <input type="checkbox"/></p> <p>Pre-Season Concussion Education Sheet <input type="checkbox"/></p> <p>Pre-Season Concussion Education Presentation (PPT online only at <a href="http://parachute.ca/smarthockey">parachute.ca/smarthockey</a>) <input type="checkbox"/></p>

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<p>Invite all meeting participants to download Concussion Ed, a free app that helps players and parents to prevent, recognize and manage concussion.</p>	<p>Concussion Ed cards <input type="checkbox"/></p>
<p>Take a picture posing with your team holding a “We Play Smart Hockey” sign to demonstrate that you are a Smart Hockey league! Post to your team and/or league’s website or social media channels, with the permission of all players and their parents.</p>	<p>We Play Smart Hockey sign <input type="checkbox"/></p>
<p>Share resources from the Smart Hockey kit that team members and their families can take home, to help them stay educated and prevent hockey-related concussion and other injuries. Be sure to also provide your governing league’s concussion information and resources.</p>	<p><b>Parachute Smart Hockey Concussion Kit handouts</b></p> <p>The handouts included in your kit to be distributed are:</p> <p><b>For players:</b></p> <ul style="list-style-type: none"> <li>• Concussion Ed promotion card <input type="checkbox"/></li> <li>• 12 on-ice tips for players <input type="checkbox"/></li> <li>• Concussion guide for players <input type="checkbox"/></li> <li>• Concussion code of conduct card for players <input type="checkbox"/></li> <li>• Personal concussion record <input type="checkbox"/></li> </ul> <p><b>For parents and caregivers:</b></p> <ul style="list-style-type: none"> <li>• Concussion guide for parents and caregivers <input type="checkbox"/></li> <li>• Concussion code of conduct card for parents and caregivers <input type="checkbox"/></li> <li>• Medical assessment letter (when necessary – five included in your kit) <input type="checkbox"/></li> <li>• Your league’s concussion protocol, resources and information <input type="checkbox"/></li> </ul>