



HEADS UP to Youth Sports Coaches: Online Concussion Training

SEPT. 15, 2025 ·



For Everyone

KEY POINTS

- CDC's HEADS UP to Youth Sports Coaches: Online Concussion Training shares the latest guidance on concussion safety and prevention.
- The training provides essential information to help coaches spot signs and symptoms of possible concussions and steps to take if one occurs.



Overview

HEADS UP to Youth Sports Coaches: Online Concussion Training




[Take the Training](#) 





After finishing this training, you will be able to:

- Describe what concussions are, how they occur, and at least one long-term and two short-term potential effects on an athlete's physical and mental health.
- Recognize at least two signs and two symptoms of concussion you might observe during a practice or game.
- Explain youth sports coaches' role in determining if an athlete should be removed from a practice or game, and list four steps to take after a possible concussion occurs.
- List at least two ways youth sports coaches can prioritize concussion safety.



More info for coaches

- [Fact sheet for coaches](#) 
- [Talking to parents about concussions](#) 
- [Hablar con los padres sobre las conmociones cerebrales](#) 

More info for sports officials

- [HEADS UP to youth sports officials](#) 
- [Hoja informativa para los oficiales deportivos](#) 

More info for parents

- [Fact sheet for parents](#) 
- [Concussion conversation guide](#) 

- [Conversaciones para prevenir las conmociones cerebrales](#) PDF
- [Concussion Q&A](#) PDF
- [Pregunta y respuesta en caso de conmoción cerebral](#) PDF
- [Post-play check-in \(GUARD\)](#) PDF
- [Chequeo después de la actividad física \(CUIDE\)](#) PDF
- [Concussion Information Sheet](#) PDF
- [Hoja informativa para los deportistas y sus padres acerca de las conmociones cerebrales](#) PDF

More info for athletes

- [Fact Sheet for Athletes: Ages 14-18](#) PDF
- [Fact Sheet for Athletes: Ages: 11-13](#) PDF

SOURCES

CONTENT SOURCE:

National Center for Injury Prevention and Control