



## Coquitlam Metro-Ford Soccer Club: Concussion Education Program

Coquitlam Metro-Ford SC strives to be a leader in player safety by adopting a mandatory concussion awareness training program. Staff and Under 11 to Under 18 team officials are required to complete the Concussion Awareness Training modules. 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.

**Players** 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 educational training on the recognition, and management of concussions.

Course Access:

Coaches - <https://www.cattonline.com/coach/>

Parents - <https://www.cattonline.com/parent-caregiver/>

Athletes - <https://www.cattonline.com/athlete/>

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.