

Heads Up On Line Training Course

http://www.cdc.gov/concussion/HeadsUp/online_training.html

What you see from here on down is what you will see if you copy and paste the link above. The links will not work from below.

Heads Up Online Training Course



[Launch the Training Course](#)

Get prepared for the new season in less than 30 minutes

Heads Up: Concussion in Youth Sports is a free, online course available to coaches, parents, and others helping to keep athletes safe from concussion. It features interviews with leading experts, dynamic graphics and interactive exercises, and compelling storytelling to help you recognize a concussion and know how to respond if you think that your athlete might have a concussion.

Once you complete the training and quiz, you can print out a certificate, making it easy to show your league or school you are ready for the season.

What You Will Learn

This course will help you:

- Understand a concussion and the potential consequences of this injury,
- Recognize concussion signs and symptoms and how to respond,
- Learn about steps for returning to activity (play and school) after a concussion, and
- Focus on prevention and preparedness to help keep athletes safe season-to-season.

We can help athletes stay active and healthy by knowing the facts about concussion and when it is safe for athletes to return to play.

Technical Requirements

This training performs best on an up-to-date computer (for example, one with a multi core processor) with a broadband internet connection, as well as an up-to-date web browser and operating system. While this training does run on mobile devices, a printer connection or a PDF writer will be required to print your completion certificate. Older computers may crash while using the training resulting in a loss of progress. Progress is not tracked or saved. Do not close or refresh your browser as this will restart the course. If you need to exit the training, you will be returned to the beginning of the course. Please also feel free to contact DUIPinquiries@cdc.gov if you are having trouble accessing the course.

If you would like to order a copy of the course on CD, visit the [publication order form](#).

[Launch the Online Training Course](#)

CDC Heads Up Concussion Training Saved My Life!



CDC's coaches' concussion training helped a coach to recognize and respond to concussion in a young athlete.

[Read Cole's story](#)

Additional Course Materials


Course Script and Quiz

- English: [script_](#)  and [quiz_](#) 
- Spanish: [script_](#)  and [quiz_](#) 

Parent and Athlete Information Sheet

- Parent/Athlete Information Sheet: [English_](#)  and [Spanish_](#) 
- [Order](#) printed copies

Learn More

- [Concussion in Sports](#)
- [Resources for High School Sports](#)
- [Resources for Youth Sports](#)
- [Resources for School Professionals](#)
- [Resources for Health Care Professionals](#)
- [Follow us on Facebook](#)  and share your experiences and learn about new CDC's resources to help parents and coaches address concussion in sports.

