

Dear Coach,

More parents and coaches need to aspire towards the prevention of concussions in youth sports. This can be prevented by being aware of all the symptoms, making sure you react appropriately, and stopping it from happening in the first place.

Firstly, coaches need to be more aware of the symptoms that lead to a concussion. According to the Centers for Disease Control and Prevention, “Remember, all concussions are serious, so whenever a hard hit occurs, look for signs of these symptoms: headache, confusion, difficulty remembering...” This shows how you can prevent life-threatening concussions by being aware of the mentioned symptoms. Dr. John O’Kane mentioned that “parents of athletes in any contact or collision sport should be aware of the symptoms...” This also shows how vital it is to be aware before a concussion occurs.

Another prevention method would be to react appropriately if you think a youth has a concussion. CDC states “Participants suspected of having TBI [traumatic brain injuries] should be: removed from play, never returned to play in the same day, and allowed to return only after evaluation and clearance[by a professional]” This evidence is a list of ways to handle concussions if they do occur, so you can victim is safe.

Lastly, adults need to know how to prevent concussions. According to CDC, “To minimize TBI’s in sports and recreation activities... prevention strategies should be implemented. Primary prevention strategies include: using protective equipment..” This evidence is showing that using equipment that protects you can help stop TBI from happening in the first place. CDC also suggests “coaching appropriate sport specific skills with an emphasis on safe practices and proper technique.” would help with the prevention of concussions also. While some may say that these precautions take the fun away, i think that it’s better to be safe than sorry.

Sincerely,

18

Source: “Introduction: Facts About Concussions.” *Centers for Disease Control and Prevention.*, National Center for Injury Prevention and Control. 27 October 2010. Web. 15 March 2014

Source: Belson, Ken. "Concussion Study Makes Case for Reducing Contact Drills for Youth Players." *New York Times*. New York Times, 25 July 2013. Web 10 March 2014.

Source: "Nonfatal Traumatic Brain Injuries Related to Sports and Recreation Activities Among Persons Aged ≤ 19 Years --- United States, 2001—2009." *Center for Disease Control.*, Center for Disease Control. 7 October 2011. Web. 10 March 2014.