



Resources for the DCoE February 2016 Traumatic Brain Injury Webinar

Concussion and Winter Sports

[A Head for the Future](#), a Defense and Veterans Brain Injury Center (DVBIC) initiative, educates the military and veteran communities about the importance of preventing brain injuries in noncombat settings. Resources include fact sheets, posters, and a partner toolkit including social media content and a sample blog post for government and non-profit organizations who wish to collaborate with DVBIC to raise awareness. Watch inspiring videos of TBI Champions, service members and veterans who recognized their traumatic brain injury (TBI) symptoms and sought help, and consider sharing your story.

The Centers for Disease Control and Prevention (CDC) developed the [HEADS UP program](#) to help athletes, parents, coaches, school professionals and health care providers recognize, respond to and minimize the risk of concussion or other serious brain injury. Its rich resources include customizable fact sheets, posters, videos, a mobile app, sports concussion policies and laws, and guidance for selecting helmets for these winter sports:

- [Snowboarding](#)
- [Skiing](#)
- [Hockey](#)
- [Hockey goalie](#)

Of special interest to health care providers:

- [Online concussion training](#) offering CME, CNE, CEUs
- [Acute Concussion Evaluation \(ACE\) forms](#) for TBI assessment in the emergency department and clinician office
- [Information on managing return to activities](#)

DVBIC developed [A Parent's Guide to Returning Your Child to School After a Concussion](#) to offer practical advice to parents on how to recognize the signs and symptoms of a concussion, information on treatment and recovery, and what a parent can do to support a child's recovery and successfully return to school and related activities. Although written to help military families, these guides contain detailed practical advice for helping school-aged children recover from concussion and are very useful for all families.

To address return to activity in adults, DVBIC developed [Progressive Return to Activity Following Acute Concussion/Mild TBI Recommendations](#) to provide a step-by-step approach for primary care managers and rehabilitation providers to use in evaluating service members who sustain a concussion. Health care providers can use these pragmatic steps to monitor service members during recovery and guide them as they gradually return to pre-injury activities.

The [National Institute of Neurological Disorders and Stroke](#) (NINDS) mission is to seek fundamental knowledge about the brain and nervous systems; they work with the Department of Defense (DoD) and DVBIC to monitor DoD Worldwide numbers for TBI in collaborative research as part of the Sports and Health Research Program (SHRP).



The National Collegiate Athletic Association's [Diagnosis and Management of Sport-Related Concussion Guidelines](#) addresses concussion identification, management, and stepwise return to activity, play and academics.

The U.S. Ski and Snowboarding Association developed a [Concussion Policy, FAQs and resources](#) for alpine athletes, parents and coaches.

The [Veterans Affairs-Boston University-Concussion Legacy Foundation Brain Bank](#) collects and studies post-mortem human brain and spinal cord tissue to better understand the effects of trauma on the human nervous system. Family members of deceased athletes may donate their loved one's brain and spinal cord to be examined neuropathologically for evidence of CTE or other disorders of the central nervous system. The Brain Bank interviews families for athletic and concussion history, educational and occupational history, medical history and history of cognitive, behavioral, and mood symptoms.

U.S. Figure Skating published [Concussion Education Information](#) for the general education of figure skating officials, coaches, athletes, parents, team physicians, and volunteers regarding evolving guidelines and practices in identifying and addressing concussion-related matters affecting athletes.

USA Hockey designed the [Heads Up Hockey Program Guide](#) and resource materials to promote safer, smarter, better hockey among players, coaches, referees, parents and administrators.

Resources

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