

Child and Youth – Best Practice Concussion Resources for Young Athletes, Coaches, Parents or Caregivers, Medical Professionals and Educators

Information for Families – MyHealth.Alberta.ca			
Alberta Health Services	What is a concussion? Concussion – Mild Traumatic Brain Injury: Care Instructions Early Concussion Education Learning Module Post-Concussion Syndrome: Care Instructions		
	Youth, Coaches, Parents or Caregivers	Medical Professionals	Educators
University of Calgary	https://kinesiology.ucalgary.ca/current-students/online-concussion-course		
Injury Prevention Centre	https://injurypreventioncentre.ca/issues/concussion		
Parachute	Concussion Collection		
Concussion Awareness Training Tools (CATT)	For Parents or Caregivers For Coaches For Youth (says ‘Coming Soon’ in Aug 2022)	For Medical Professionals	For School Professionals
Centres for Disease Control and Prevention (CDC) – Heads Up	CDC Heads Up – Safe Brain. Stronger Future. Concussion Fact Sheet for Parents Parent and Athlete Concussion Information Sheet Heads Up Concussion Apps	Online Concussion Training for Healthcare Providers	Concussion Fact Sheet for School Professionals Returning to School after a Concussion: A Fact Sheet for School Professionals Helping Students Recover from a Concussion: Classroom Tips for Teachers
Other Best Evidence Resources/Tools	Holland Bloorview Kids Rehab Hospital - Concussion & You: A Handbook for Parents and Kids	Halton School Board: Sport Concussion Library Child (12 yrs & under) Sport Concussion Assessment Tool (Child-SCAT3) SCAT 3 (13 yrs and older)	Halton School Board: Sport Concussion Library
Sport Medicine Council of Alberta	Alberta Concussion Awareness		