



Lansing Parks & Recreation - Lifetime Sports Division

Concussion Training Information



Youth Sports Coach,

A new Michigan Law went into effect on June 30, 2013 called “**Heads Up Concussion in Youth Sports**”. This new concussion law requires Parks & Recreation Departments, Youth Sport Leagues, Travel Teams, YMCA’s, Schools, etc. to provide coaches training and parent resources on recognizing and dealing with concussions.

Coaches will take a more active role in training and distributing materials as part of their volunteering in our Youth Sports Programs.

Step One:

Every coach and assistant coach must complete the “**Concussion in Youth Sports Training Seminar**”. This training can be done online at the following website:

<https://www.cdc.gov/headsup/youthsports/training/index.html>

The training takes approximately 30 minutes. At the conclusion of the training you will be prompted to print off your Personalized Certificate. You will only have to do the training once as long as you volunteer with Lansing Parks & Recreation.

Step Two:

Please hand out one “**Parent & Athlete Concussion Information Sheet**” to each child’s parent/guardian. If you need additional copies, please let us know ASAP.

Parents are then to sign the following forms:

- City of Lansing Liability Waiver
- Parent & Athlete Concussion Notification Sheet

Step Three:

Return the following forms to the Sports Office prior to the start of the season and/or practices:

- One copy of your personalized Certificate of Concussion Training
- City of Lansing Liability Waiver
- Parent & Athlete Concussion Notification Sheet