



Wheaton Park District
1777 S. Blanchard St.
Wheaton, IL 60187

Heads Up Concussion Online Training



All Wheaton Park District Volunteers need to take this on-line free training in regards to Concussions which is provided by the Centers of Disease Control website:

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

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.

This training will provide our coaches/volunteers with concussion awareness to help keep children healthy and safe while participating in our programs.

Please print the certificate and email to Dana Mitchell dmitchell@wheatonparks.org with your volunteer application and background waiver.

This Concussion Training only needs to be completed one time and will remain on file.