

City of Greeley

Culture, Parks, and Recreation Department

How to Sheet

for

Concussion Training for Coaches

This training lasts approximately 20 minutes. Be sure to have access to sound as much of the training involves watching short video clips. The steps are simple to follow. Below is a step-by-step guide to completing the training:

1. Go to the Brain101 Concussion Training website: brain101.orcasinc.com
2. Click on “Coaches” and then “Go Now” in the RECOGNIZE box.
3. Watch the short video under The Basics, and then click Next to answer three True or False questions.
4. Watch the video, “What is a Concussion?,” then complete the Injury Rate matching Exercise.
5. Watch the “Recognize: Instant Replay” video.
6. Watch the “Respond” video.
7. Answer the two short questions.
8. Watch the “Observe Your Players” video.
9. Use the flashcards to learn symptoms experienced by the athletes.
10. Watch the “Know Your Players” video.
11. Read the list of symptoms you should look for in a concussed athlete.
12. Watch the “Use a Clipboard Sheet and 3 Simple Phrases” video.
13. Answer the following questions and read about the correct answers.
14. Watch the next 6 short videos on Return and Prevention.
15. You have completed Concussion Training! Please print the Certificate of Completion-type in your name, then print, sign and date it.