

HEADS UP to Youth Sports

To help ensure the health and safety of young athletes, CDC developed the HEADS-UP Concussion in Youth Sports initiative to offer information about concussions to coaches, parents, and athletes involved in youth sports. The HEADS-UP initiative provides important information on preventing, recognizing, and responding to a concussion.

Free Concussion Training Course



Get prepared for the new season.

HEADS UP Concussion in Youth Sports is a free, online course available to coaches, parents, and others helping to keep athletes safe from concussion.

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