



HEADS UP to Youth Sports: Online Training

Changing the Culture of Concussion Starts With You!

You can improve the culture of concussion by taking this free online training and using what you learn to inform how you talk about, prevent, and respond to concussions. Your actions can help create a safe environment for young athletes so that they can stay healthy, active, and thrive – both on and off the playing field.

You can print out a certificate once you complete the training and quiz, making it easy to show your league or school that you are ready for the season.

Learn Important Steps in Concussion Safety.

By the end of the training, you will be prepared to:





- Explain what a concussion is and the potential consequences of this injury,
- Identify at least three concussion signs and symptoms,
- Describe the steps for returning to activity (play and school) after a concussion, and
- Create a plan for how to help keep athletes safe from concussion.

We can help athletes stay active and healthy by knowing the facts about concussion and when it is safe for athletes to return to play.

Launch the Training


The HEADS UP to Youth Sports: Online Training is available to **coaches, parents, sports officials, athletic trainers, and other individuals** interested in learning about concussion safety.

Click one of the following links to access the best course for you:

- For Coaches: [launch the course](#) 
- For Parents: [launch the course](#) 
- For Athletic Trainers: [launch the course](#) 
- If you are NOT a Coach, Parent, or Athletic Trainer: [launch the course](#) 

[Technical Requirements](#)[FAQs](#)[Additional Course Materials](#)[Additional Resources](#)

NEW: You Must Create an Account with CDC TRAIN

In order to access the training you must create an account with CDC TRAIN. Please see [How to Create an Account in CDC Train](#)  [PDF – 865 KB] for instructions.

Equipment Needed for this Training

You will need to use a computer, tablet, or smartphone with an internet connection to complete this training course. This training works best with a high-speed, broadband internet connection, as well as an up-to-date web browser and operating system. Older computers may crash while using the training. Please review the following system requirements for the best training experience:

For Computer Access

PC:

Compatible Operating System: Windows (version 8 or higher)

Web Browser: Chrome, Firefox or Safari (latest versions), Microsoft Edge (latest version)

Mac:

Compatible Operating System: OS X (version 10.14 or higher)

Web Browser: Firefox, Chrome or Safari (latest versions)

For Mobile Access:

iOS: version 12 or higher

Android: version 9 or higher

Please Keep in Mind:

Closing your browser while taking the training course will log you out of the course (but not out of CDC TRAIN). Refreshing your browser may cause a disconnect error.

To return to CDC TRAIN close the course window and relaunch the course. Your progress will be saved. You can return to your last completed session by selecting OK when you are prompted at your next launch.

You may also return to your last completed session by logging back into CDC TRAIN and selecting **Your Learning** on the home page. Your course will be listed here. Click on the **In Progress** link to re-launch the course.

When you begin, if the pre-test does not launch, you will need to enable pop-up windows in your browser.

Frequently Asked Questions

Why Does CDC TRAIN Collect Registration Information?

The purpose of collecting basic information, such as your email address and name is to provide you with account information and password reset options. Other information collected helps evaluate and improve the training. Creating an account will allow you to save your certificate and/or to save your progress in the training.

Please see the following link for the TRAIN policies on privacy, data collection and data security:

<https://www.train.org/cdctrain/help/policies> 


Please see the following link for additional information regarding CDC privacy policies: <https://www.cdc.gov/other/privacy.html>.

How Can I Print or Save My Certificate?

At the end of the training course, you will be able to print one or more copies of your certificate of completion and/or save an electronic version of it to your desktop.

To print your certificate, go to **Your Learning**, then to **Your Certificates** while logged into CDC TRAIN.

Can I Get a Replacement Copy of My Certificate?

Yes. You may log back in to CDC TRAIN at any time to save or re-print your certificate. To log back in, go to <https://www.train.org/cdctrain>  and enter the username and password you first used to register for the training.

Certificates are available only to those who have created an account and successfully completed the training with a passing score of 80% or higher on the post-test.

How Often Do I Need to Take This Training?

How often the HEADS UP online training needs to be taken varies by individual states, leagues, and schools. We recommend that you check with your state, league, or school regarding their specific requirements on how often you need to complete this training.

How Can I Host a Group Training?

If you would like to host a group training using this course, you are able to order a copy of the course on CD-ROM. Please note that the CD-ROM does not include a certificate of completion. Instead, we can provide you with a group training certificate. The group training certificate does require a signature from the training facilitator or person hosting the training. If you would like to obtain a copy of the CD-ROM and the group training certificate, please contact injuryprevention@cdc.gov.

Who Should I Contact if I am Having Trouble with the Training?



If you are having any difficulties taking the training, please feel free to contact injuryprevention@cdc.gov with your questions.

Transcript and Tests

- [Transcript](#)  [PDF – 4M]
- [Pre-Test](#)  [PDF – 2M]
- [Post-Test](#)  [PDF – 3M]

Concussion Information Sheet

DOWNLOAD

- [Concussion Information Sheet](#)  [PDF – 184K]
- [Hoja informativa para los deportistas y sus padres acerca de las conmociones cerebrales](#)  [PDF – 137K]

CUSTOMIZE

[Customize this PDF with your team's colors and logo](#)



Related Pages

[HEADS UP to Youth Sports](#)

[HEADS UP to School Sports](#)

[Online Concussion Training for Health Care Providers](#)

[HEADS UP to Schools](#)

[HEADS UP Apps](#)

Free HEADS UP App on Concussion and Helmet Safety



The free CDC HEADS UP Concussion and Helmet Safety app will help you learn how to spot a possible concussion and what to do if you think your child or teen has a concussion or other serious brain injury.

The application also includes a 3D helmet fit feature that teaches about proper helmet fit, safety and care.

[Download for Free](#)