



The National Governing Body

for the sport of ice hockey

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Concussion Materials

Compiled by Dr. Alan Ashare

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Chair, USA Hockey Safety and Protective Equipment Committee

Chair, Mass Interscholastic Athletic Assn Sports Medical Committee

Chair, Mass Med Soc Committee on Student Health and Sports Medicine

CoChair, Comm of Mass Dept Public Health Advisory Comm on Sports Head Injury

Take the National Federation of High Schools-US Center for Disease Control concussion education program.

Go to website www.nfhslearn.com

Register in the right upper quadrant. There is no fee.

Get back into the program with your name and password.

The interactive instruction program (left upper quadrant) takes about 25 minutes.

At the end, you get a certificate that you have taken this training.

In addition, your name will be placed on the state registry for passing this examination.

You can order single copies of the CDC (US Center for Disease Control and Prevention in Atlanta) programs for concussions at no cost via their website. You can also download some of the information.

www.cdc.gov/concussioninyouthsports/

Concussions in Youth Sports - This includes the clipboard and magnet. This is sometimes referred to as the "concussion kit."

www.cdc.gov/ncipc/tbi

Concussions in High School Sports - This includes a DVD/Videotape with examples of returning to play too soon after mild traumatic brain injury.

You can order single copies of these programs.

If you want to order multiple copies (to hand out at a clinic), contact the CDC by e-mail at cdcinfo@cdc.gov

The ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) test website describes the neuropsychometric testing program used by the NHL, the NFL, and many colleges and high schools.

www.impacttest.com

You can download some interesting and important articles about return to play guidelines after a concussion and the usefulness of a psychometric program.