



Team Up & Speak Up All Season

By Wisconsin Amateur Hockey Association, Inc. 3/28/22

The Concussion Legacy Foundation was developed to support athletes, Veterans, and all affected by concussions and CTE; achieve smarter sports and safer athletes through education and innovation; and to end CTE through prevention and research.

USA Hockey and the Concussion Legacy Foundation have teamed up to raise concussion awareness and strengthen team bonds through the Team Up Speak Up initiative. The program has helped share the importance of concussion safety to over 1,500 teams and more than six million athletes. The goal of Team Up Speak Up is for as many athletes as possible to hear a simple speech. The core message: athletes have a responsibility to tell a team leader know if they notice concussions signs in a teammate. The speech is a one-minute speech that can save an athlete's season, career, or life by encouraging athletes to speak up for themselves and their teammates when it comes to concussions.

WAHA is excited to be a supporter of the Team UP Speak Up initiative and encourages all coaches and parents to partner with WAHA to give "The Speech" to all players. The Team Up Speak Up speech should come from a coach or team leader and be given at any time.

The Speech

We're a team, and teammates look out for each other. A teammate with a concussion needs your help. I expect you to **SPEAK UP** to a coach, team leader or athletic trainer if you think a teammate has a concussion.

Get involved and help USA Hockey and WAHA change the concussion culture and improve concussion reporting.

For more information visit USA Hockey's website,
<https://www.usahockey.com/teamupspeakup>



Team Up Speak UP!



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List of Potential Concussion Symptoms

- Loss of consciousness
- Sensitivity to light
- Sadness
- Amnesia
- Fatigue or low energy
- Feeling like "in a fog"
- Nervous or anxious
- Neck Pain
- "Don't feel right"
- Sensitivity to noise
- Difficulty remembering
- Difficulty concentrating
- Irritability
- Headache
- Seizure or convulsion
- Dizziness
- Balance problems
- Confusion
- Nausea or vomiting
- Feeling slowed down
- Drowsiness
- More emotional
- "Pressure in head"
- Blurred vision

Questions to Ask a Concussed Player:

What rink are we at today?
Which period is it now?
Which team just scored in this game?
What team did you play in your last game?
Did your team win in your last game?

Learn More At:

<https://wahahockey.com/concussion-info>