

HEADS UP

CONCUSSION IN SPORTS

Did you know...

- ➔ An estimated 1.6 to 3.8 million sports and recreation-related concussions happen each year
- ➔ 15% of sports related injuries are from concussions
- ➔ All user group/volunteer coaches must complete a mandatory concussion training prior to receiving a Brookline field permit

Facts

- A concussion may be caused by the direct blow to the head, face, neck or elsewhere on the body if the force is transmitted to the head
- Sometimes symptoms are not felt until several hours or even days or weeks later

Concussions are a serious brain injury

To schedule a baseline screening, call Recreation at (617)730-2069.

For general information on concussions and how to prevent them visit www.cdc.gov/concussion



Brookline Recreation Department will be providing free baseline concussions screenings to Brookline athletes ages 11-14 years old. The goal is to spread awareness to the Brookline community about the dangers and preventions of concussions in youth athletes.