



# BC Amateur Baseball Association

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## Concussion Resources

1) This is a link to Parachute, a Canadian charity specializing in injury prevention and a page titled, '**Concussion**'. Various concussion resources are available.

<https://parachute.ca/en/injury-topic/concussion/>

2) This is a link to the Canadian Centre for Disease Control website and a page titled, '**HEADS UP To Youth Sports**'. Various concussion resources are available specific to coaches, officials, parents, and young athletes.

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

3) The link below provides a concussion recognition tool referenced in Baseball BC's concussion policy.

<https://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097508CRT5.full.pdf>

4) The link below provides a concussion assessment tool for athletes 13 years of age and older, referenced in Baseball BC's concussion policy.

<https://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097506SCAT5.full.pdf>

5) The link below provides a concussion assessment tool for athletes 12 years of age and younger, referenced in Baseball BC's concussion policy.

<https://bjsm.bmj.com/content/bjsports/51/11/862.full.pdf>