



Youth Sports of the Americas encourages learning, developing and implementing safe sport-specific practice and playing techniques to minimize the likelihood of all injuries, including concussion. We also support prioritizing the developing brain of youth athletes, and embrace a commitment to finding the best methods of coaching, training and competing to make sports safe, healthy and enjoyable.

While there are numerous excellent resources and guidelines on preventing and managing sport concussion in youth (<http://youthsportsoftheamericas.org/resources/concussion-and-brain-health/>), several key points are worth emphasizing:

- Not very long ago, there was a widespread belief that sport concussions were nonthreatening and just “part of the game”
- While there have been a lot of scientific and clinical advancements, much remains unknown; and even physicians and other healthcare providers have many questions and uncertainties regarding diagnosis and optimal management of concussions
- It is now much more commonly recognized that even one concussion is a serious matter; however, if recognized promptly and well-managed, almost always a sport concussion resolves fairly quickly and without lingering problems, so that youth athletes can get back into the games they love
- A youth athlete should never be or feel pressured to continue practice or play with concussion symptoms or before fully recovered – this is dangerous, and can lead to longer recovery time and hurt athletic development and long-term sport achievement
- Importantly, the sport concussion management plan should not be solely determined in the Emergency Department
- Concussion recovery is unique to each athlete – comparison to others’ return to play can prompt impatience and frustration
- Concussion management works best when there is ongoing input and respectful communication between and among the affected athletes and their parents, coaches, healthcare providers, teachers and school administrators
- While there have been appropriate and effective steps taken by various sport governing bodies to enhance education and reduce concussion risk, these steps will be insufficiently effective if there continues to be a culture of reluctance (to report) and resistance (to acknowledge the importance and do the right thing if/when a concussion occurs) among athletes, parents and coaches

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Youth Sports of the Americas is dedicated to provide an unparalleled platform for promoting inclusive, sustainable, healthy, safe and enjoyable youth sports participation.