

**RESOLUTION OF THE
TENNESSEE PUBLIC HEALTH ASSOCIATION
CONCUSSION RECOGNITION TRAINING FOR
SECONDARY SCHOOL COACHES**

WHEREAS, in high school athletics, there are about 60,000 concussions each year; 63% of those occur in football; and

WHEREAS, concussions can disturb brain activity, and symptoms may include disorientation, confusion, dizziness, amnesia, uncoordinated hand-eye movements, and sometimes unconsciousness; and

WHEREAS, severe concussions, although rare, can lead to brain swelling, cell and blood vessel damage, and even death; and

WHEREAS, the symptoms of sports-related concussions are not always obvious and the decision to allow the player to return to the game is not always straightforward; and

WHEREAS, most athletes can recover completely as long as they are not returned to contact sports too soon; and

WHEREAS, many coaches and other team personnel may have limited training in recognizing signs of concussion and, therefore, may not accurately recognize the injury when it has occurred.

WHEREAS, following a concussion, there is a period of change in brain function that may last anywhere from 24 hours to 10 days, in which the brain may be vulnerable to more severe or permanent injury and increased risk of permanent brain damage; and

WHEREAS, because many mild concussions go undiagnosed and unreported, it is difficult to estimate the rate of concussion in any sport, with estimates approximating 10 percent of all athletes involved in contact sports have a concussion each season; and

NOW, THEREFORE, BE IT RESOLVED that the Tennessee Public Health Association urges the Tennessee Secondary Schools Athletic Association to adopt the Centers for Disease Control and Prevention's free toolkit, "Heads Up: Concussion in High School Sports," and provide the kits to all coaching staff.

BE IT FURTHER RESOLVED, that a copy of this resolution be provided to the Tennessee Department of Health's Traumatic Brain Injury Program, the Brain Injury Association of Tennessee, the Tennessee Department of Education, the Tennessee Neurological Association, the Tennessee Medical Association, Tennessee County Mayors and the Tennessee Nursing Association.

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