Things to Consider when Choosing an Educational Tool

3rd Annual Collaborative Solutions for Safety in Sport National Meeting

Disclosure

- Jones & Bartlett Learning is an educational partner of the Korey Stringer Institute.

- Korey Stringer Institute have consulted USA football for their heat and hydration safety education module.

- Korey Stringer Institute have consulted US Soccer for their heat safety guidelines.
Why do we need to educate parents, coaches, and athletes?

Why?

• The answer is clear to us.

• Is the need clear to the parents, coaches, and athletes?

• How do we get their buy-in?
  • “This will never happen to me” mentality
Things to Consider...

Method of Delivery
- Hands-on workshop
- Distance learning
  - Speaker webinar
  - Slides with audio
  - Video scenarios
- Educational resource
  - Text
  - Video
  - Infographic

Certification
- Certification
  - Completion by attendance
  - Completion by passing a test
- No certification
  - Open, accessible resource
Things to Consider…

Frequency
• Certification expiration
• Annually
• Once during enrollment

Compliance
• Proof of compliance
  • Certification
  • Signature

What is available?
SportsMedToday
American Medical Society for Sports Medicine

Contents Covered
• Adolescent & pediatric athlete injuries
• Ankle injuries
• Concussion
• Gastrointestinal problems
• Infectious diseases
• Issues unique to the female athlete
• Knee injuries
• Medical issues in athletes
• Nutrition and ergogenics
• Sports medicine treatment
• Stress fracture …and more

For
• Athletes, Coaches, Parents, Physicians
Fee
• Free
Format
• Newsletter
• Online resources
• Printable handouts
Certification
• N/A
SportsMedToday
American Medical Society for Sports Medicine

AMSSM Position Statements  https://www.amssm.org/Publications.html
Comprehensive review on medical literature on topics such as concussion, cardiac screening, overuse, and burnout in youth sports.

AMSSM Podcasts  https://www.amssm.org/E-Learning.php
Online audio presentations on different sports medicine subjects, and medical updates and current issues in sports medicine.

AMSSM Social Media:
Facebook account: American Medical Society for Sports Medicine
Twitter: @TheAMSSM
Social media venues for physician members across the country. Great way to look for someone in your area that may have press or local presentation for contact.

American Medical Society for Sports Medicine

American Medical Society for Sports Medicine

AMSSM.org
AT YOUR OWN RISK
National Athletic Trainers’ Association

Contents Covered
- Roles of athletic trainers
- Benefits of physical activity
- Risk assessment
- "Safe Sports School"
- Legislations related to student athlete’s safety

For
- Parents, School administrators, Legislators, Employers, Student Athletes

Fee
- Free

Format
- Online resource
- Risk assessment quiz
- Newsletter

Certification
- N/A
Preventing Sudden Death in Sports and Physical Activity: An Interactive Online Program
Jones and Bartlett Learning

Contents Covered
• Heat illness
• Brain injury
• Cardiac emergency
• Exertional sickling
• Emergency action plans
• Asthma
• Lightening

For
• Healthcare professional

Fee
• $248.95

Format
• E-learning module
• Tests (pre test, quiz, final exam)
• Video scenarios

Certification
• Yes
• BOC approved EBP course (10 CEUs)
Contents Covered

- Anaphylaxis
- Asthma
- Internal trauma
- Cardiac conditions
- Cervical spine injury
- Heat illnesses
- Exertional sickling
- Hypo/hyperglycemia
- Hyponatremia
- Traumatic brain injury
- Lightening

- Protective equipment
- Wet bulb globe temperature monitoring
- Automated external defibrillators
- Coaching education
- Hydration
- Heat acclimatization
- Pre-participation examinations
- Emergency action plans
- High school policies

ksi.uconn.edu
Korey Stringer Institute

What do you do in your state?
Other Examples

- **Back to Sports**, American Heart Association and National Football League
- **Heads Up Football**, USA Football
- **HEADS UP Concussion in Youth Sports**, Centers for Disease Control and Prevention
- **RECOGNIZE TO RECOVER**, US Soccer
- **Emergency Action Planning Program**, Anyone Can Save A Life
- **BEGINNERTRIATHLETE.COM**, Beginner Triathlete
- **JR.NBA.COM**, Jr. NBA

http://www.heart.org/HEARTORG/Educator/The-Back-to-Sports-Program_UCM_474970_Article.jsp
• Contents Covered:
  • Benefits of physical activity
  • Concussion
  • Equipment fitting
  • Hydration
  • Injury prevention
  • Cardiac emergency
  • Nutrition

For
• Parents, Coaches, Athletes

Fee
• Free* application must be submitted

Format
• Hands-on workshop
• Printed/ PDF resources
• Quiz

Certification
• Completion certificate
Heads Up Football, USA Football

Heads Up Football For Schools
Put the emphasis on football safety

https://usafootball.com/

- Contents Covered:
  - Coach certification
  - Concussion
  - Exertional heat illness
  - Hydration
  - Cardiac emergency
  - Equipment fitting
  - Football specific skills
Heads Up Football, USA Football

For
• Football coaches

Fee
• Yes; varies on course

Format
• Hands-on workshop
• Online training
• Online resources

Certification
• Yes

HEADS UP Concussion in Youth Sports, Centers for Disease Control and Prevention

https://www.cdc.gov/HeadsUp/
HEADS UP Concussion in Youth Sports, Centers for Disease Control and Prevention

- Contents Covered:
  - Traumatic brain injury
  - Concussion

What is a Concussion?
A concussion is a type of traumatic brain injury (TBI) that results from a bump, blow, or jolt to the head (or by a hit to the body) that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain.

For
- Parents, Providers, Coaches, Athletes, Sports Officials, School Nurses, Teachers, Counselors, School Professionals

Fee
- Free

Format
- Online training
- Online resources
- Printable fact sheets, posters, and infographics
- Phone application

Certification
- Completion certificate (NFHS)
- Free CME, CNE and CEU credits
U.S. SOCCER'S COMPREHENSIVE PLAYER HEALTH AND SAFETY PROGRAM

http://www.recognizetorecover.org

- Contents Covered:
  - Emergency Action Plans
  - Cardiac Conditions
  - Head & Brain Conditions
  - Environmental Conditions
  - Injury Prevention
RECOGNIZE TO RECOVER

US Soccer

For

• Soccer parents, coaches, and athletes

Fee

• Free

Format

• Web resource
• PDF resource

Certification

• None

Emergency Action Planning Program

Anyone Can Save A Life

Plan. Learn. Save.

http://www.anyonecansavealife.org/
Emergency Action Planning Program
Anyone Can Save A Life

• Contents Covered
  • Cardiac emergency
  • Emergency action plan
    • Cardiac
    • Exertional heat stroke

For
• Athletic directors, Coaches, Event staff

Fee
• Free

Format
• Web resource
• PDF resource
• E-learning module
• Worksheet

Certification
• None