

Course Outline

Baseline Recreation

Concussion Protocol Training

Amy Blooming, Instructional Designer

| Scene 1: Introduction | | |
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| Slide Title | Slide Type | Description |
| Welcome | Static Title Screen | Static screen with the course title and Baseline Recreation Logo |
| Communication is key | | As a court and field supervisor at Baseline, you'll talk with clients of all ages. Many of our athletes are under 18. If a young athlete sustains a concussion, you are the first line of communication for parents and guardians. |
| | | While our athletic trainers are responsible for assessing athletes for concussions, your role in communicating with parents is incredibly important. Clear and effective communication ensures that our clients receive the proper care and that their parents fully understand the seriousness of a concussion. This is crucial not only for the child's health and well-being but also to protect our company. By clearly explaining the return-to-play concussion protocol and having parents sign a form acknowledging their understanding, you help ensure that everyone is on the same page and that our company is protected in the event of any unforeseen circumstances |
| What you'll learn in this course | | <p>After taking this course, you will have the skills to communicate with parents and guardians about their child's concussion and next steps. You will be able to express empathy and reassurance while explaining Baseline's concussion protocol policies.</p> <ul style="list-style-type: none"> A. Express empathy and reassurance B. Explain Baseline's "Return to Play" Protocol |

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| Meet Carlos, a part-time field and court supervisor | | Carlos just got hired at Baseline Recreation as a part time field and court supervisor. He's 21 and played soccer in high school. He enjoys working with kids and is studying to be a high school science teacher. He hopes to be a high school soccer coach too. Follow Carlos through a morning on the soccer field and help him communicate effectively with a concerned parent. |
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| Scene 2: Lucy gets a concussion | | |
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| Slide Title | Slide Type | Description |
| Lucy gets a concussion | | During his first week on the job, Carlos is supervising a 12U girls soccer match. He watches Lucy, a spirited 12-year-old athlete, collide with an opponent. The impact leaves Lucy visibly dazed and stunned, displaying classic concussion symptoms of _____ |
| | | Evan, the certified athletic trainer on duty, is assessing Lucy for concussion symptoms. After being led to the sidelines, she appears to recover quickly. Carlos notes that Lucy's mom, Nora, is pressuring Evan to step aside and let her take Lucy home immediately. Help Carlos decide the most effective way to communicate while clearly communicating Baseline's policies to Nora. |
| Scene 3: Express Empathy and Reassurance | | |
| Slide Title | Slide Type | Description |
| | | First, Carlos needs to express empathy and reassure Nora that Lucy is getting essential care from Evan, the athletic trainer. How should Carlos respond? Click on each choice...? |
| | Branching? | Nora: Thanks you guys. She looks fine. I played soccer in college, and I can tell this is just a mild knock on the head. Let me take her home |

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| | Carlos and Nora talking. Evan is examining Lucy | now. We'll stop for Starbucks on the way home. She'll cheer up and be fine. I'll bring her back tomorrow for practice. |
| | | <p>Option 1: Carlos: "Look, ma'am, we know what we're doing. You can't take her yet. We're following protocol. She'll be fine. Just let the trainer do his job."</p> <p>Show a negative outcome: Nora becomes more upset, and the situation escalates. "I'm her mother and a paying client here! You look like you just graduated from high school. Get out of my way! We're out of here."</p> <p>Provide feedback: Explain why this response was not ideal, highlighting the importance of empathy and clear communication.</p> |
| | | <p>Option 2: Carlos: "I understand how worried you must be, Nora. It's natural to want to take Lucy home right away. We're taking every precaution to ensure her safety. The athletic trainer is currently assessing her for any signs of concussion. We'll keep you updated as soon as we have more information."</p> <p>Show a positive outcome: Nora feels reassured and thanks Carlos for his understanding. "It stresses me out to see Lucy like this. Thanks for helping me calm down. I know she's in good hands."</p> <p>Provide positive feedback: Reinforce the importance of empathetic communication and following protocol.</p> |
| Scene 4: Explain Baseline's "Return to Play" Protocol | | |
| Slide Title | Slide Type | Description |
| | | Nora allows Evan the trainer to complete his assessment of Lucy. Before Nora and Lucy leave the facility, Carlos's next step is to explain Baseline's Return to Play Protocol. |
| CDC's 6-Step Return to Play Progression Intro slide | Tab Interaction | After a concussion, an athlete should only return to sports practices with the approval and under the supervision of their healthcare provider. Each step typically takes a minimum of 24 hours. It is important for an athlete's parent(s) and coach(es) to watch for |

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| | | <p>concussion symptoms after each day's return to sports progression activity.</p> <p>An athlete should only move to the next step if they do not have any new symptoms at the current step. If an athlete's symptoms come back or if he or she gets new symptoms, this is a sign that the athlete is pushing too hard. The athlete should stop these activities and the athlete's medical provider should be contacted. After more rest and no concussion symptoms, the athlete can start at the previous step.</p> <p>Bullet summary of the above</p> <p>Return to Sports:</p> <ul style="list-style-type: none"> • Only with healthcare provider approval and supervision. • Each of the 6 steps typically takes a <i>minimum</i> of 24 hours. <p>Symptom Monitoring:</p> <ul style="list-style-type: none"> • Parents/coaches must monitor for concussion symptoms after each progression activity <p>Progression:</p> <ul style="list-style-type: none"> • Only move to the next step if no new symptoms arise at the current step. |
| 6 Step Return to Play Progression | | <p>Before Carlos explains the Return to Play steps with Nora, he reviews his notecards, which he dropped and are now out of order. Help Carlos put his cards in the correct order.</p> <p>Arrange the cards in order on the timeline.</p> |

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| | | <p>1. Rest & Recovery: * Focus: Complete rest from all physical and mental exertion. * Activities: Schoolwork, light reading, relaxing activities. * Key: No screens (phones, computers, TV) for extended periods.</p> <p>2. Light Aerobic Exercise: * Focus: Gradually increase heart rate. * Activities: Walking, light jogging, stationary cycling. * Key: Keep it easy and monitor for any symptoms.</p> <p>3. Sport-Specific Exercise: * Focus: Introduce sport-specific movements. * Activities: Skating drills (hockey), running drills (soccer), throwing drills (baseball). * Key: No head impacts or heavy exertion.</p> <p>4. Non-Contact Training Drills: * Focus: Increase intensity and complexity. * Activities: Passing drills, agility drills, resistance training. * Key: Still no head-to-head contact.</p> <p>5. Full-Contact Practice: * Focus: Return to normal practice routines. * Activities: Scrimmages, tackling drills (football). * Key: Closely monitor for any signs of impact.</p> <p>6. Return to Play: * Focus: Full participation in games. * Activities: Normal game play. * Key: Continuous monitoring for symptoms and clearance from healthcare provider.</p> |
| Scenario Based Return to Play Decision Making | | To make sure Nora understands what to look out for with Lucy, Carlos asks her to practice with these scenarios. |
| Scenario 1 | | <p>On Saturday morning, Lucy goes out for an easy, short walk in the park with her dad.</p> <p>Which step is this? (turn dial? 2: Light aerobic activity)</p> <p>A few hours after the walk, Lucy complains of a headache and nausea. Tomorrow, she plans to go with her friend to the gym and resume her regular weightlifting routine. Which step is this? (turn dial? 4)</p> <p>Should Lucy progress to this next step yet? NO</p> |

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| | | Why? She skipped step 3, Moderate activity |
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| Scenario 2 | | After a week following the return to play protocol, Lucy has been dribbling the ball and shooting goals in her back yard (no heading, no contact). Which step is this? (turn dial). She's been running and feels good after practice. There's a game this weekend. Is Lucy ready to play? (NO) Why? She needs to progress to step 5, Practice and full contact first. |
| Agreement to follow | | |
| Scene 5: Quiz | | |
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