



CDC - Heads Up Concussion Training

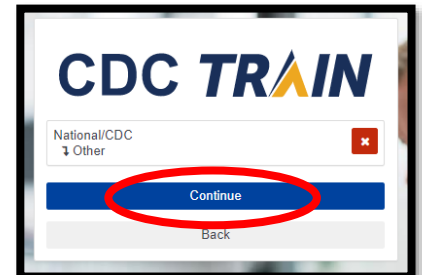
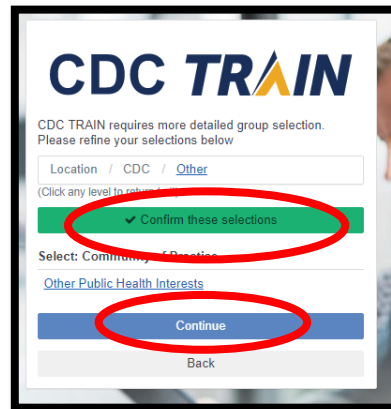
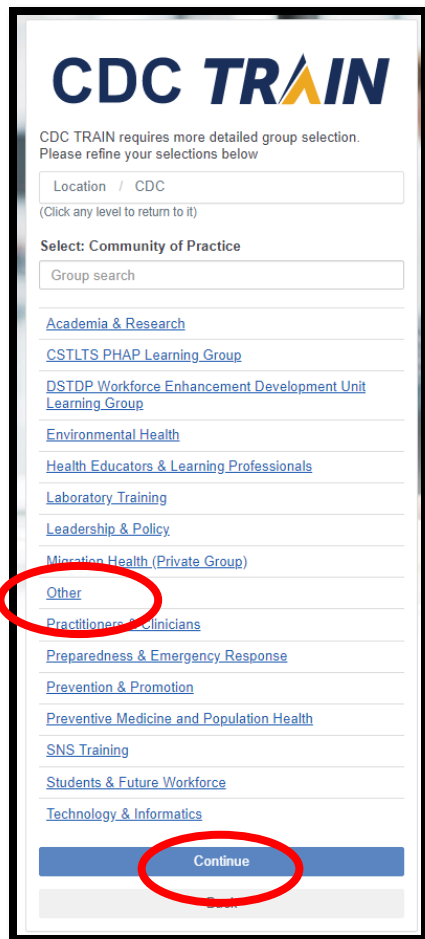
Note: It is recommended you use a computer to complete this training and not a mobile device. Google Chrome is the best performing Web browser for the training system.

You must create an Account with CDC Train to access the training Program. Complete the following steps to create an account. If you already have an acct. skip to step 13.

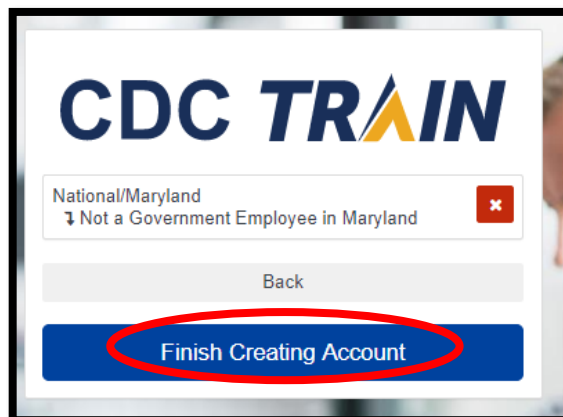
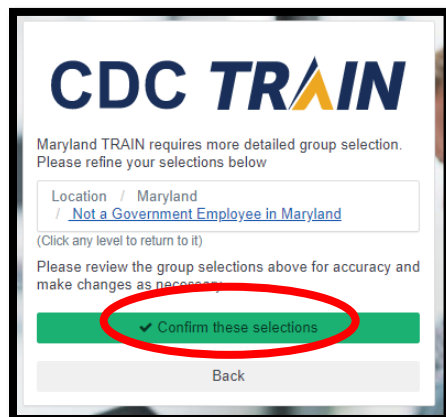
1. To create an account go to <https://www.train.org/cdctrain/>, Click the CREATE AN ACCOUNT LINK

The screenshot shows the CDC TRAIN website interface. At the top right, there is a link for "Log In or Create Account". The main navigation bar includes "HOME", "COURSE CATALOG", "CALENDAR", "RESOURCES", and "HELP". On the left side, there is a login form with fields for "Login Name" and "Password", a "Remember me" checkbox, and a "Login" button. Below the login form, there is a link for "Can't login?" and a "Create an Account" button, which is circled in red. At the bottom left, there is a "CDC Staff" button. On the right side, there is a "Welcome to CDC TRAIN" section with a description of the platform and a collage of images showing healthcare professionals and patients. Below the collage, there is a paragraph about the scope of the training and a "First time to TRAIN?" section with instructions on how to register.

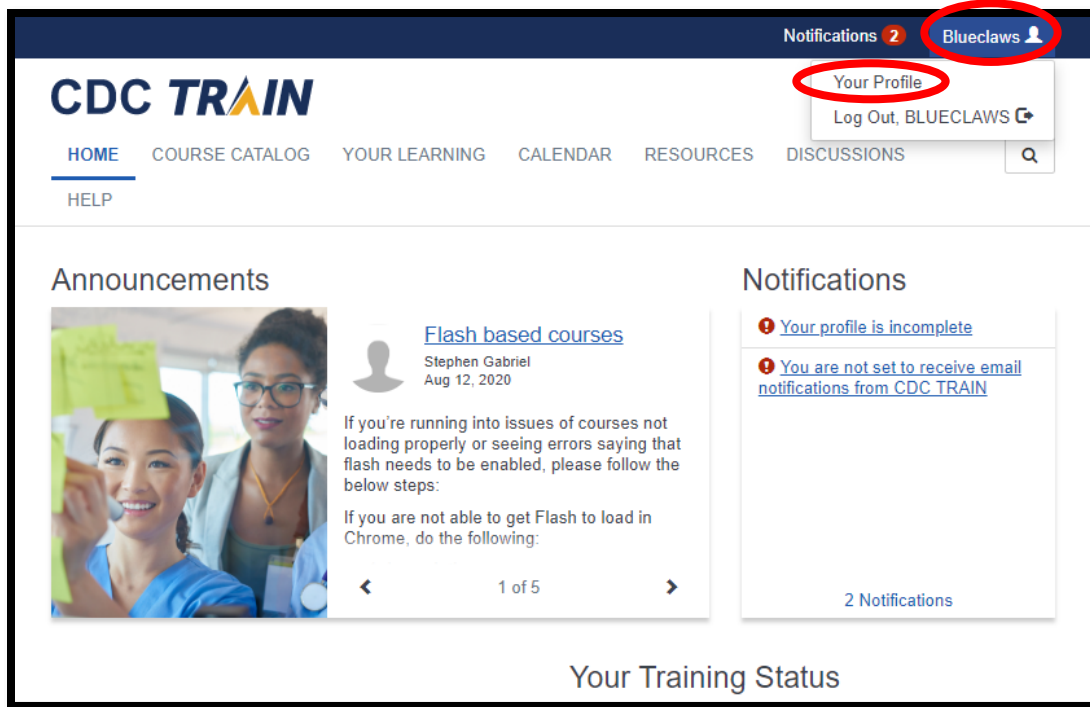
2. Create a Login Name
3. Create and Confirm a Login Password
4. Enter Your Email Address, First Name, Last Name, Time Zone and Zip Code
5. Check the box to Agree to All Train Policies
6. Click the [Next Step] button
7. You will be prompted to select a more detailed group selection for CDC Train, choose [Other] and then [Continue], on the confirmation screen click [Confirm these Selections] then [Continue]



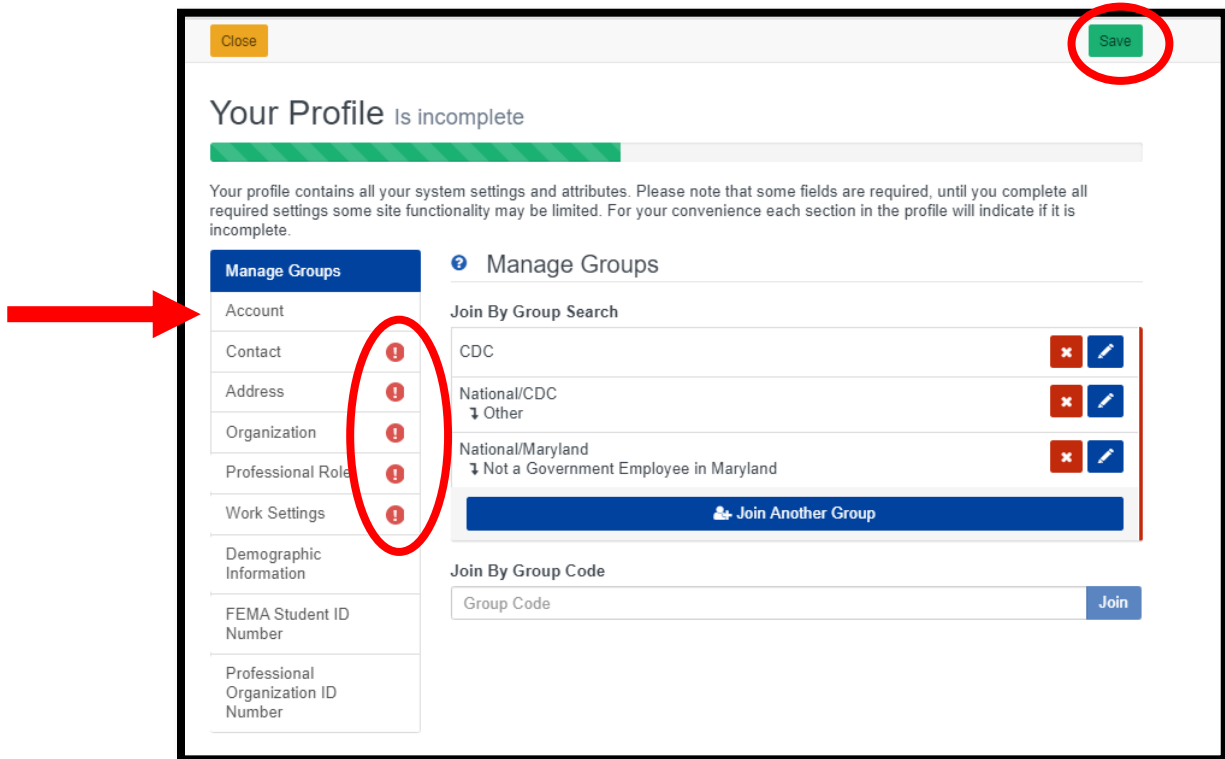
8. Select whether you are a government Employee (if you are, it is likely you would already have a CDC Train Account), continue to Confirm your Selections, select [Continue] and then [Finish Creating Account]



9. The system will automatically login your acct after you finish creating it. In order to move forward with training you will need to complete your profile, go to the top right hand side and click your name to select the Your Profile menu option



10. Any items in your profile that need to be completed will have a red Exclamation point next to them. Please click them one by one to finish setting up your profile then click save in the top right-hand corner.



11. When you get to Organization select ESP Rec Council, Department = Your Program and Title = Coach



Organization (Fields marked below are required)

Organization Name ESP Rec Council	Department / Division Soccer
	Bureau / Section
	Title Coach

12. Upon completion of all profile fields, click [Save] in the top right corner.

13. Launch the Training by clicking the coaches link from this webpage

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

Launch the Training

The HEADS UP to Youth Sports: Online Training is available to **coaches, parents, sports officials, athletic trainers, and other individuals** interested in learning about concussion safety.

Click one of the following links to access the best course for you:

- For Coaches: Click [HERE](#) to launch the course
- For Parents: Click [HERE](#) to launch the course
- For Sports Officials and Athletic Trainers: Click [HERE](#) to launch the course
- If you are NOT a Coach, Parent, Sports Official or Athletic Trainer: Click [HERE](#) to launch the course

14. In order to register you must take the Pre-Assessment, by clicking the Pre-Assessment button.

The screenshot shows the CDC TRAIN website interface. At the top, there is a navigation menu with links for HOME, COURSE CATALOG, YOUR LEARNING, CALENDAR, RESOURCES, and DISCUSSIONS. Below the navigation, the main heading reads "HEADS UP to Youth Sports: Online Training for Coaches". A "Back" button is visible on the left. On the right, there are two buttons: "Pre-Assessment" (circled in red) and "Save For Later". Below the buttons, there is a course card for "Web-Based Training - Self-Study" with ID 1089818, Skill Level: Introductory, and a duration of 0.45h. The course has a 5-star rating based on 13208 ratings. A "Show More" link is present below the course details. At the bottom, there is a "Details" section with a "Learning Objectives" sub-section. The learning objectives state: "By the end of the training, you will be prepared to:" followed by a list of four bullet points: "Explain what a concussion is and the potential consequences of this injury," "Identify at least three concussion signs and symptoms," "Describe the steps for returning to activity (play and school) after a concussion, and" and "Create a plan for how to help keep athletes safe from concussion."



15. The pretest will load in a new tab. Please select the Start Assessment button. When you have completed the pre-assessment, please exit the tab. CDC TRAIN will still be open in another tab.
16. Please select the Launch course button to begin the course.
17. If you need to leave the course prior to completing it, TRAIN will hold you in progress. You can return to the course by logging back into CDC TRAIN and selecting Your Learning on the home page. Your course will be listed here. Click on the In-Progress link to re-launch the course.
18. Once you have completed the course, select the course exit button to close the course.
19. CDC TRAIN will still be open in the browser. Please select the Assessment Pending button to begin the post assessment.
20. One you have completed to post assessment, close the tab to return to CDC TRAIN. If you passed the post assessment with an 80 or higher, a certificate will be placed in your certificates in CDC TRAIN (Your Learning/Your Certificates). If you fail, you may retake the post-assessment.