The Children’s Hospital Colorado [Sports Medicine Center](https://www.childrenscolorado.org/doctors-and-departments/departments/orthopedics/programs/sports-medicine-center/) leads the region in state-of-the-art treatment for growing athletes. From maximizing diet to changing the game in concussion research, our fully integrated team delivers a comprehensive care experience geared exclusively to developing bodies.

**What does having a Certified Athletic Trainer mean for the student athletes at Elizabeth High School?**

[Certified Athletic Trainers](https://www.childrenscolorado.org/conditions-and-advice/sports-articles/sports-safety/what-is-an-athletic-trainer/) (ATs) are healthcare providers specially trained in injury and illness prevention, clinical evaluation and diagnosis, immediate and emergency care, and treatment and rehabilitation of injuries and illnesses in athletes. An AT has a bachelor’s or master’s degree from an accredited professional athletic training education program. In addition, ATs must pass a comprehensive board certification test and meet continuing education requirements to maintain certification. ATs work under the direction of physicians.

* Free injury assessments & recommendations for follow-up care
* Injury management, education & prevention
* Functional rehabilitation

**Meet your Certified Athletic Trainer**

Include Megan’s bio here, including her contact info.

**What is a concussion?**

A [concussion](https://www.childrenscolorado.org/conditions-and-advice/conditions-and-symptoms/conditions/concussion/) is a mild injury to the brain caused by a significant blow or jolt to the head or neck that temporarily disrupts how the brain normally works. Children often bump or hit their heads without getting a concussion, so parents should monitor their child for development of symptoms after this type of injury. It is important to know that a child does not need to be "knocked out" or lose consciousness to have experienced a concussion. Studies show that only about 10% of all sport-related concussions involve loss of consciousness.

**Who gets concussions?**

Concussions are common in collision sports such as hockey, football and lacrosse, but it's important to remember that young athletes can get concussions in any sport. Activities that include high speeds and contact or collision with opponents increase the risk of getting a concussion.

Athletes are not the only ones susceptible to concussions. Any child can get a concussion while doing everyday activities like riding bikes or scooters or playing on the playground.

**What should I do if I suspect my child has a concussion?**

1. Take your child aside immediately and assess the situation. If your child is an athlete, take them out of the game or practice immediately. Athletes should not return to play on the same day a concussion is suspected.

2. Ensure your child is evaluated by an appropriate healthcare provider. Do not try to judge the seriousness of the injury yourself.

3. If you witness a head injury to another child (not your own), tell their parents or guardians about the possible concussion.

4. Allow children and athletes to return to play only with permission from an appropriate healthcare professional, such as their primary care provider or a concussion specialist.

**For immediate medical attention, CALL 911.**

**Our concussion program experts**Our multidisciplinary care team makes our [Concussion Program](https://www.childrenscolorado.org/doctors-and-departments/departments/orthopedics/programs/concussion-program/) an excellent choice for children and adolescents who have had a concussion. We offer a streamlined yet comprehensive approach to concussion that tailors treatment to each individual patient’s needs.