Play Smart Video Series and Tool Kits Support Youth Sports Concussion Legislation

As public middle schools and high schools throughout Massachusetts implement legislation to protect young athletes from the devastating impact of sports concussions, the Brain Injury Association of Massachusetts (BIA-MA) is making available Play Smart: Understanding Sports Concussion, a video series that includes essential knowledge on sports concussions, personal testimonies of student and professional athletes, and advice from the experts. The two videos – one for parents and professionals and one for athletes – educate the audiences on the signs and symptoms of concussion, emphasize the importance of proper management, and provide protocols for follow up and return-to-play.

“More than 60,000 concussions occur in high school athletics each year, and according to The Journal of Pediatrics and other professional journals, the number of sports concussions among young athletes is rising,” says BJ Williams, Manager of Prevention Programs for the Brain Injury Association of Massachusetts. “These videos are a great way to reach coaches, athletic directors, parents, medical professionals, and others about the risks and long-term consequences of sports concussions and how proper management can make the difference.”

Play Smart is a recommended resource to help fulfill the requirements of the recent Massachusetts sports concussion legislation. In addition to the video, BIA-MA will provide sports concussion fact cards as well as CDC tool kits, one for school professionals (including school nurses) and one for coaches and athletic directors. To learn more or to order your videos, go to www.biama.org.

The Brain Injury Association of Massachusetts (BIA-MA) is a private, non-profit organization that provides support to brain injury survivors and their families, offers programs to prevent brain injuries, and educates the public on the risks and impact of brain injury. The association also advocates for legislation to prevent brain injuries, including the most recent sports concussion law.

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