



Monaghan Coaching & Games Development are currently running an online Concussion Awareness Workshop which is open to players, parents, coaches, managers, medics, basically anyone involved with a GAA Club and would have an interest in this area.

The aim of this course is to help GAA players and coaches' recognise the signs and symptoms of concussion and understand the principles of managing the injury. In the 15 minute workshop, you will learn about:

- Concussion Injuries
- Signs and Symptoms
- Action Plan
- Coping with the Injury
- Return to Play Protocol
- Management in Children

To complete the online workshop all you have to do is follow the steps below.

The course is free to do, all you have to do to complete the online workshop is to do it before the closing date which is midnight on the 10th of December

16 Simple Steps to Complete Online Concussion Workshop

1. Open up the learning.gaa.ie website	9. Once you have done that, you will be directed to click on the 'Enrol Me' button.
2. Click the 'Register' button in top right hand corner	10. Scroll down to the bottom of the page and click 'Enter'
3. Fill in relevant info and check to email for confirmation email.	11. Make sure you have 'Pop Ups Unblocked' to complete the workshop
4. Click on the link in your emails	12. You will now be able to start the workshop presentation
5. Fill in the relevant/ required information, you will then be redirected to the homepage.	13. Take your time and go through all the slides
6. Click on the 'E-Learning' tab on the right hand side of the page.	14. At the end of the presentation complete the concussion quiz
7. On the left hand side of the page click on the 'Courses' tab.	15. Once finished you will be directed to close the window, do this.
8. Now click on the following tabs in this order to find the Online Concussion Workshop. Courses < Coach Education < Ulster < Monaghan < Monaghan E-learning Courses < Concussion MN 2014	16. Click on the 'return to the course page' button. You have now completed the workshop. Congratulations!

If you are having any problems with completing the workshop, please get in contact with Patrick McCarron (087 216 3580 / gda.monaghan@gaa.ie) and he will be happy to help.