

# **November 2024 eLearning**

## **Challenge: Concussion**

### **Response for Recreation**

#### **Center Staff**

#### **Share**

Youth and adult recreation participation is on the upswing nationwide. According to the Sports & Fitness Industry Association (SFIA), 80% of Americans over age 6 engaged in 1 or more sports in 2023. In response to demand for programming and facilities, communities are investing in sports and recreation facilities.

Baseline Recreation Center is preparing for its grand opening and will serve as an activity hub for youth club sports like basketball, soccer, lacrosse, and rugby, as well as adult recreational activities such as pickleball. Baseline Rec's facility includes indoor courts, an Olympic-sized pool, and outdoor fields, as well as the capacity to host regional tournaments and special events.

Many sports at Baseline Rec are considered contact or limited contact, which places athletes at risk for injury. While good sportsmanship and fair play techniques help all players stay safe, accidents can (and do) happen. Sport-related concussions may occur due to blows to the head from falling and collisions, and concussions are happening more frequently to athletes of all ages in many sports—not just football. Athletes no longer shake off and play through blows to the head, and Baseline plans to put athlete safety at the forefront of their operations.

#### **The Challenge**

The Athletic Director at Baseline Rec is finalizing staffing plans and preparing training requirements on topics such as First Aid certification. He would like all recreation staff to participate in a concussion response eLearning that equips them to:

- Spot concussion symptoms in immediate response to incidents
- Escalate medical examination for suspected concussions

- Guide parents/guardians of youth athletes to cooperate with protocol

You are an instructional designer at Elevate eLearning, a provider of custom eLearning solutions that is partnering with Baseline Rec on this ask. The athletic director wants to limit the center's liability for concussion-related injuries by ensuring all staff on the fields and courts will serve as the first line of detection and medical referral.

**After completing your course, learners will be able to complete one or more of the following objectives:**

- Examine the athlete's physical symptoms to identify warning signs of a concussion
- Ask the athlete (if conscious) a targeted series of questions about their symptoms, medical conditions, and any history of prior concussions
- Ensure the athlete is not moved or otherwise interfered with until medical professionals arrive on scene
- Determine when to escalate calling 911 for immediate assistance based on the athlete's symptoms and/or interview
- Provide accurate and complete details to a 911 dispatcher about the incident and severity of the athlete's visible symptoms
- Restrict athletes under concussion recovery protocol from engaging in gameplay
- Reinforce concussion risks with parents/guardians who want to remove their athlete from the scene of the incident

## **Requirements & Constraints**

As you design and develop your course, keep the following requirements and constraints in mind:

**Interactivity & Content Presentation:** Ideally, your solution will include decision-based interactions or scenarios to reinforce the skills being taught. Here are some ideas for how you might present your content and make it interactive:

- Build a tabs interaction to organize and display the primary symptoms of concussions

- Practice screening protocol using scenario-based decision-making (selecting the best questions to ask the injured athlete)
- Include a prone or disoriented character and use hotspots to identify the key areas for an employee to screen
- Use a slider or dial to rank the severity of symptoms and prompt a response to call 911 and/or refer for medical treatment
- Write a dialogue between a concerned parent and a Baseline Rec staff member and pause to test the employee's approach to guiding the parent through concussion protocol
- Create a branching scenario involving a Baseline Rec employee's response on scene and communication with first responders, parents, and referees
- Incorporate a custom state or slider to test an injured athlete's pupils with a pen flashlight. Alternatively, the pen light could be a drag-and-drop interaction to the eye to show a state change (pupil response).
- Show the learner what the athlete is viewing after the blow to the head (trouble focusing, dizziness, blurred vision, light sensitivity, etc.) using animations or video clips

**Authoring Tools:** You are free to use any eLearning authoring tool you'd like; however, Articulate Storyline or Rise are recommended. If you're new to Articulate Storyline, **[check out this playlist of videos](#)** to help you get started.

**Visual Design:** You are free to design the course in any way you'd like; however, it should demonstrate good visual design best practices with a cohesive and consistent use of font, colors, images, and graphics. If you're new to visual design, **[check out this playlist of videos](#)** to help you get started.

## **Style Guide**

To help in the design of your eLearning course, you can view and download the client style guide and brand assets below. You are free to use these to design a branded course template, or you can create your own design.

## **Reference Materials**

As you design and develop your course, you can create your own content from scratch or source your content from the following references:

- **[A Record Number of Americans Participated in Sports](#)**

- **Why are More People Getting Concussions?**
- **Fact Sheet for Sports Officials**
- **Protocol for Non-Medical Personnel: Concussion Check**
- **The Game Plan: Sideline Assessment for Suspected Concussion**
- **Concussion Testing & Screening Tools**



## **Submission Guidelines & Contest Rules**

Once you're done building your course, you can submit it by commenting below and sharing a link to your finished project. If you're using Articulate Storyline or Rise, you can publish and **share a link from Articulate Review or on the web using Google Cloud**. Along with a link to your published course, share a few words explaining your design decisions, challenges, inspiration, etc.

**To be eligible to win the \$100 Amazon gift card, your submission must be posted no later than Friday, November 29th, at 11:59 PM ET.**

You can learn more about the **contest rules and criteria here**.

If you'd like to get more eyes on your submission and encourage others to participate in the challenges, you might also consider...

- **Writing a Blog Post:** If you happen to have a blog or online portfolio, write a post about your submission and share it on social media. Make sure to link to it in the comments below for others to see!
- **Record a Video:** If you want to share how you went about designing your submission, record and share a screen recording video (via Loom, Camtasia, Snagit, or YouTube) to showcase and explain your process. And, of course, don't forget to share a link to it in the comments below!
- **Share on Social Media:** If you're active on LinkedIn, Twitter, or another social media platform, create a post to share your submission. If possible, make sure to link back to this page and tag The eLearning Designer's Academy on **LinkedIn** or **Twitter** in your post.




## **Give & Get Feedback**

After you've shared your submission, make sure to review what others have submitted and provide constructive feedback. Remember, the monthly

challenges (and this community as a whole) are meant to provide an inclusive and supportive environment. As you provide feedback, make sure to keep our **Code of Conduct** in mind.

As you work to develop your project, also consider sharing your work-in-progress for community feedback in our **Get Feedback space here**.

## **Challenge Recap, Submissions & Winner**

Congrats to this month's eLearning challenge winner, **Alexandria Majors**, for her winning submission: **Concussion Detection Training**! 

Check out all of the submissions for this month's eLearning challenge:

- **Concussion Response** by **Fran Lanier**
- **Concussion Response Training** by **Robert Kostecki**
- **Concussion Response Staff Training** by **Isabel Perez**
- **Identifying & Responding to Concussions** by **Lizzie Holmes**
- **Sideline Concussion 101** by **Blake Farrell**
- **Concussion Response Training** by **Andreas Fischer**
- **Effective Concussion Management** by **Megan Brickner**
- **Concussion Training** by **Jessica Streu**