

# CATT (CONCUSSION AWARENESS TRAINING TOOL)

The ISCP & SKATZ have partnered with CATT (Concussion Awareness Training Tool) to offer a free online certification course to all Coaches/Instructors & Athletes. The ISCP & SKATZ is officially all set with mandating for the Coach/Instructor & Athlete courses. So please follow the below instructions.

The instructions have the course link, estimated completion time, explain how to obtain a certificate, etc.

## INSTRUCTIONS FOR COACHES/INSTRUCTORS

The Concussion Awareness Training Tool (CATT) is a program designed to provide coaches/instructors with the information they need to provide evidence-based care for their athletes who have sustained a concussion.

The **CATT for Coaches/Instructors** provides you with in-depth concussion education, covering topics such as:

- | **Introduction/Overview**
- | **Recognize**
- | **Respond**
- | **Manage**
- | **Prevent and Educate**

This module takes approximately 45 minutes to complete. If you belong to an organization that has mandated the CATT training, a copy of your certificate will also be sent directly to ISCP© & SKATZ©.

## INSTRUCTIONS FOR ATHLETES

U SPORTS has partnered with the creators of the Concussion Awareness Training Tool (CATT) at the University of British Columbia to create a concussion education tool for athletes.

The **CATT for Athletes** provides you with in-depth concussion education, covering:

- | **What is a concussion?**
- | **Do I have a concussion?**
- | **Why is reporting important?**
- | **How can a concussion affect my life?**
- | **How do I get back to normal?**
- | **How can I cope with concussion?**

This education module will take approximately 30 minutes to complete, includes a final assessment, and provides a certificate upon completion to you and to ISCP© & SKATZ©.

## HOW TO GET CERTIFICATE

1. Take the course in either English or French:  
<https://cattonline.com/coach-course/> (for coaches/instructors) or  
<https://cattonline.com/athlete-course/> (for athletes)
2. Once the course is complete, you will be prompted to fill in your personal information to receive your certificate (name, email, province, etc.). In the drop-down menu for Organization, please select **International Skateboard Certification Program**.
3. Press "Download Certificate." A pop-up window with your certificate will appear.
4. You will receive an email notifying you that you have completed the course, the date you completed it, and a PDF copy of your certificate for your records. ISCP© & SKATZ© will also receive an email of each completed certificate.

ISCP© (International Skateboard Certification Program) & SKATZ© (Stance, Kicks, Axles, Transfers, Zen)  
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