TALKING CONCUSSIONS WITH YOUR TEAM

#COACHTOOLKIT

STATS AND FACTS ABOUT CONCUSSIONS

Concussion is the most common type of traumatic brain injury sustained in Canada

1 in 5 Canadians say they have suffered a concussion while playing sports. (Source: Angus Reid, 2012)

55% of Canadians report they have little to no knowledge about concussions. (Source: PHAC Public Opinion Research, 2018)

50% of concussions go unreported. (Parachute Canada, 2020)

95% of Canadians support mandatory concussion education for coaches. (Source: Angus Reid, 2015)

SYMPTOMS OF A CONCUSSION

PHYSICAL
- Headache
- Dizziness
- Nausea or vomiting
- Blurred vision
- Sensitivity to light or sound
- Tired, low energy

COGNITIVE
- Not thinking clearly, trouble concentrating
- Feeling slow or “in a fog”
- Memory problems

EMOTIONAL
- Easily upset or angered
- Sadness
- Nervous or anxious

TIPS TO TALK CONCUSSIONS WITH YOUR TEAM

1. Have a pre-season meeting with the athletes, parents, team managers, and trainers.
2. Ensure that everyone understands:
   - What a concussion is;
   - The signs and symptoms of a concussion;
   - The Return to Play strategy, and;
   - While Return to Play and Return to Learn can occur at the same time, a participant must complete their Return to Learn before completing their Return to Play.

TAKE THE FREE NCCP MAKING HEAD WAY E-LEARNING MODULE and learn how to recognize the signs and symptoms of a concussion, and how to respond!

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