

# 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 sport. *(Source: Angus Reid, 2015)*

**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: 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:
  - a** What a concussion is;
  - b** The signs and symptoms of a concussion;
  - c** The Return to Play strategy, and;
  - d** 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!