

# PREVENTING CONCUSSIONS

As a coach, you can play an important role in helping participants avoid concussions:

### Policy, rules, and respect

- Ensure there is a concussion policy and management plan in place that is clearly communicated to participants and parents or guardians.
- Respecting the rules of the sport reduces the risk of injury. Act as a role model by adhering to the rules even when it isn't in your favour.

### Sport environment

- Provide appropriate equipment.
- Always check the physical conditions of the training or competition area for potential risk.
- Be prepared with an emergency action plan.

### Education

- Educate and remind participants about the signs and symptoms of concussions.
- Create a sport environment built on trust and open communication so participants feel comfortable informing you of any signs and symptoms.

### Training strategies

- Incorporate neuromuscular training into warm-up exercises to reduce the risk of all types of injuries, including concussion.
- Ensure participants recovering from concussion are following a Return to Sport strategy.



Take the NCCP Making Head Way in Sport eLearning module to better understand concussions, including recommendations for prevention and recovery. For more information, resources, and tools, visit [coach.ca/concussion](http://coach.ca/concussion).

