

WHAT IS THE ROLE OF EDUCATION IN SPORT-RELATED CONCUSSIONS



Educational initiatives are important for improving concussion awareness. These initiatives are most impactful when they:



► Are ongoing

to make sure that concussion knowledge is maintained over time

► Go beyond knowledge

to target attitudes and behaviours, such as willingness to report a concussion



Concussion education should target everyone involved in sport, because everyone plays a role in concussion management and prevention.

► 4 WAYS TO IMPROVE EDUCATIONAL INITIATIVES



Engage with learners regularly

Make learning opportunities available throughout the season



Use a diverse range of learning tools

Experiment with tools such as infographics, videos, and social media



Make learning interactive

Offer workshops or interactive computer modules



Tailor learning tools to your audience

Use different tools for athletes, coaches, and medical professionals

Note: Educational initiatives should continue to target knowledge gaps around symptom identification and return to play protocols.



To improve concussion reporting among athletes, you can:

- Model positive attitudes towards concussions
- Initiate open dialogues about concussions
- Encourage athletes to learn about concussions together

Did you know?

Up to **80%** of Canadian parents and coaches are interested in receiving concussion education (Black et al., 2020)^o