

We believe that there should only be positive experiences in sport



## 2019 Concussion Education Initiative

Nous croyons que seules les expériences positives ont leur place dans le sport



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# Overview of Project

- **Problem:**
  - volunteers, coaches, and officials often have misconceptions about how to implement concussion protocol, including removal from and return to play
  - Ontario's Rowan's Law Advisory Committee recommended mandatory education to address this issue. While resources had been developed nationally to grow concussion awareness and spur action, these resources are not being effectively delivered at the grassroots level.
- **Project:**
  - Educational sessions for Ottawa community sport participants- athletes, parents, coaches, officials, volunteers and administrators
  - **Partners:**
    - Parachute Canada – curriculum
    - Sport Information Resource Centre (SIRC) – resources/communication
    - Ontario Trillium Foundation (funder)
  - **Goal of Education:**
    - enhance concussion knowledge
    - provide participants with the skills and confidence to effectively manage suspected concussions.
  - Effectiveness of project evaluated through surveys



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## Course Curriculum:

- presentation content written to align with Canadian Harmonized Concussion Protocol recognized by the Government of Canada (Sport Canada), and **Rowan's Law** protocol requirements in Ontario.

## Learning Objectives:

- ability to recognize the signs and symptoms of a possible concussion.
- understanding of how to respond when there is a suspected concussion.
- Understanding of the Return-to-Sport Strategy approach for concussion management

## Delivery Methods:

- Community Sport Organization in person sessions- board members, coaches, athletes, parents, volunteers (January -March 2020) (18%)
- Virtual Sessions (Zoom) (March – August 2020) (82%)
- Sessions offered in both languages
- Sessions delivered by trained facilitators with concussion expertise- physio and athletic therapists



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## Results:

- 26 sessions
- 478 participants
- All sessions delivered in English
- Evaluation- paper/online survey to measure achievement of learning objectives- survey response rate- 47% (63% in person, 43% online)

## Impact:

- ability to recognize the signs and symptoms of a possible concussion- **+71%**
- understanding of how to respond when there is a suspected concussion- **+ 71%**
- understanding of the Return-to-Sport Strategy approach for concussion management- **+ 69%**

## Legacy:

- **Concussion Education Video-** Ottawa Sport Council YouTube Channel  
(<https://www.youtube.com/watch?v=WggWFMWtnf8&t=11s>)



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