

# Learnings and Impact of NCCP Making Headway in Sport



# About us...



Coaching Association of Canada  
Association canadienne des entraîneurs

*Programme  
national de  
certification des  
entraîneurs*



*National  
Coaching  
Certification  
Program*



## CAC Research Strategy

The purpose of the CAC research strategy is to support quality coaching programs, policies and practices with enhanced knowledge mobilization.

# Module topics

- Introduction to the NCCP
- Understanding concussions
- Recognizing signs and symptoms
- Monitoring recovery
- Following return to learn/play guidelines
- Supporting concussed athletes
- Preventing concussions

## A mid-game collision: Part 2 of 7

The moments after a collision can be critical.



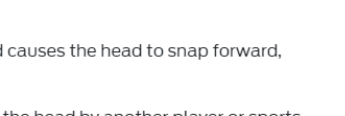
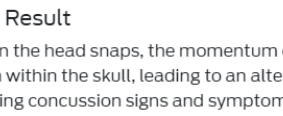


# Learning Objectives

- How to prevent concussions
- How to recognize the signs and symptoms of a concussion
- What to do when you suspect an athlete has a concussion
- How to ensure athletes return to play safely

## Key facts: How concussions happen

Take a moment to learn more about the four different origins of concussions.

Direct impact due to fall	Impact to head from body blow	Indirect impact	Direct impact to head
			
<b>The Action</b> Sudden impact to the head causes the head to snap forward, back or to the side.  Possible causes: impact to the head by another player or sports equipment (ball, stick, protective equipment, etc.)	<b>The Result</b> When the head snaps, the momentum causes movement of the brain within the skull, leading to an alteration of brain function, causing concussion signs and symptoms.		

Multi-sport  
Football  
Freestyle Ski  
Snowboard  
Soccer

**2013 to 2023**

**Over 140,000  
completions of NCCCP  
Making Head Way**

Special Olympics  
Speedskating  
Baseball  
Basketball (In development)

# The feedback

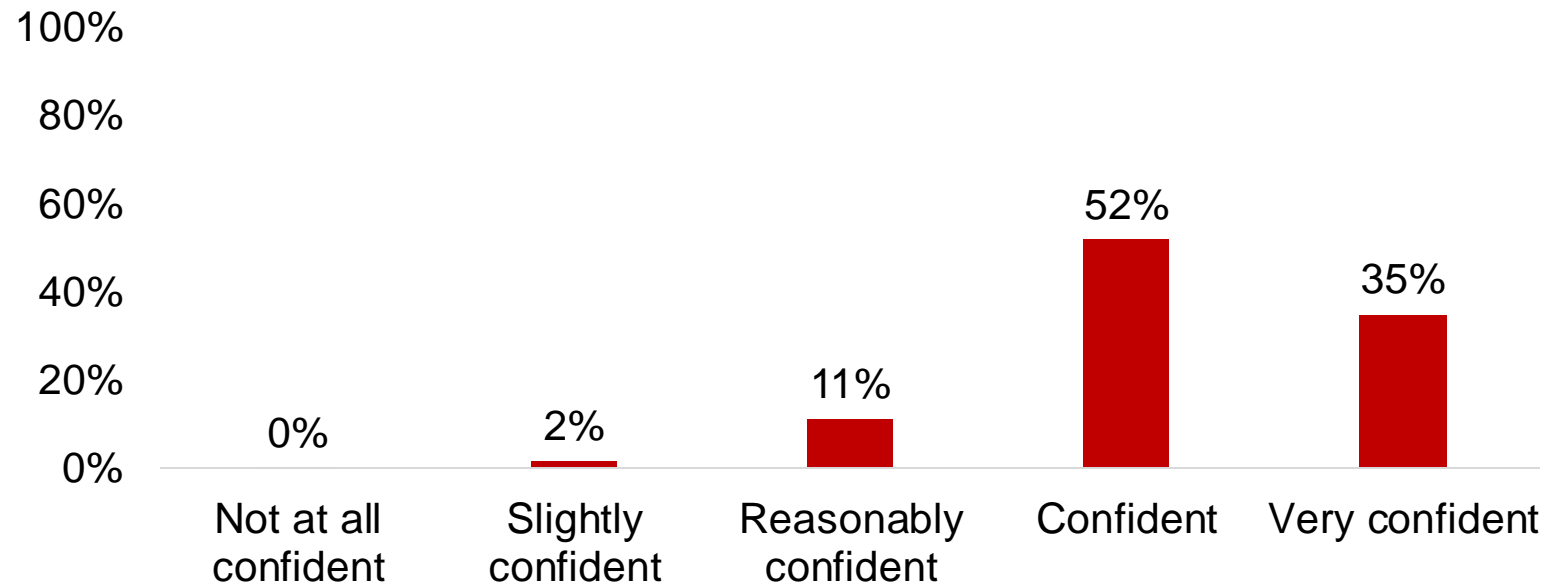
## 2017-2020

- Survey Monkey
- Initial self-assessment (over 19 000 responses)
- Post event (over 8900 responses)

## 2021-

- Project Pulse – Through The Locker
- Statistically validated survey
- Post event (3179 responses)
- Follow-up survey (coming up !)

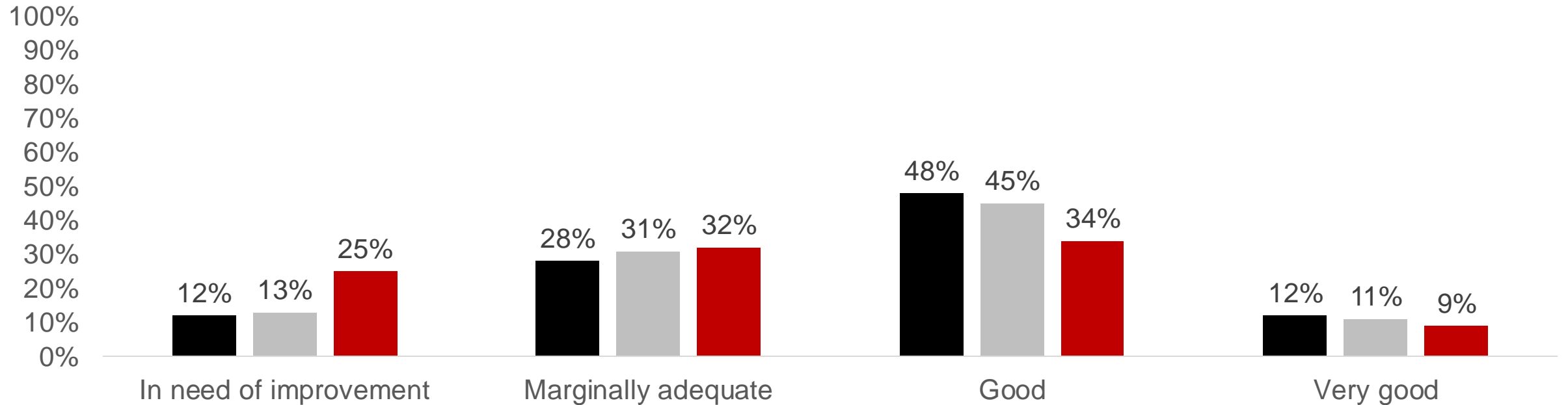
## Perceived confidence in being able to apply the knowledge and skills learned in the module to their own coaching



I don't have any suggestions as the training was very well put together & user friendly. I would like to say that after taking these courses. I feel far more confident in my coaching abilities & gained valuable training & information on how to better protect the athletes I am responsible for as a coach. Thanks again for offering these courses to help grow a safe & healthy coaching environment one that puts the athletes first !!

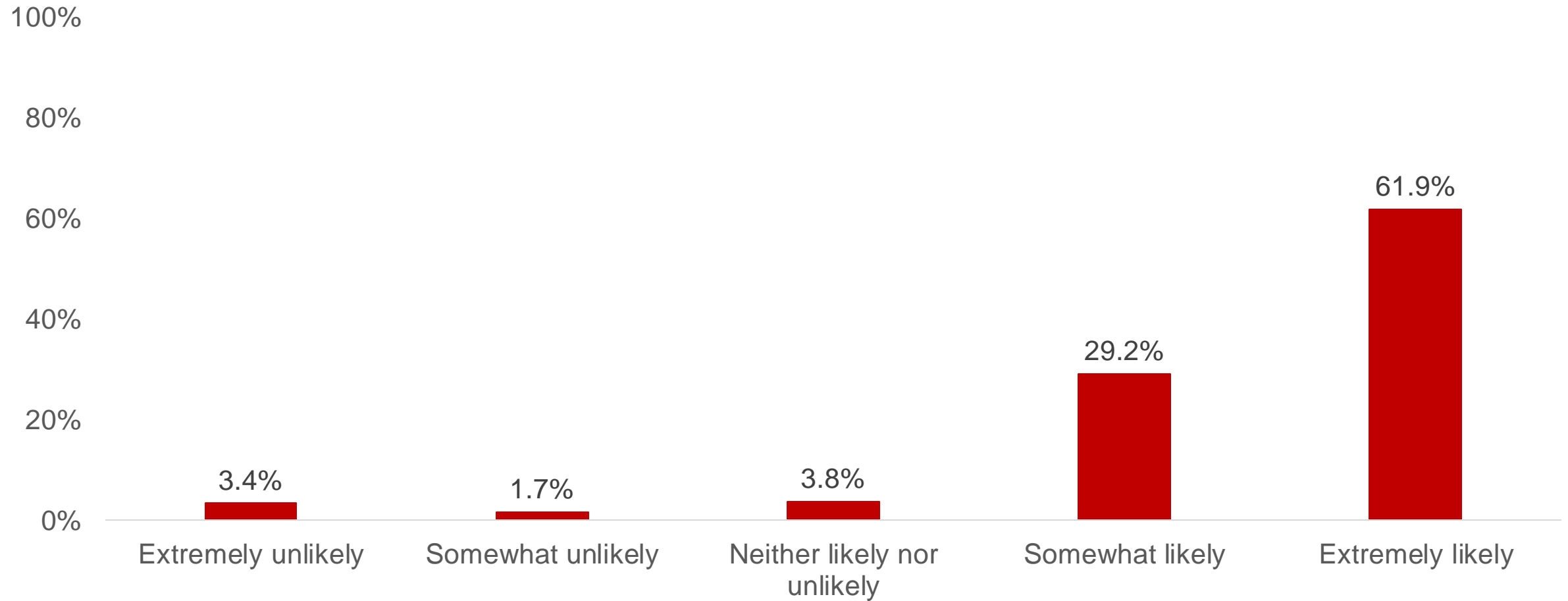
## Prior to completing this module my knowledge, skills, and abilities related to...

- preventing concussions in my sport are:
- suspecting a concussion in my sport are:
- implementing an effective return to play protocol following a concussion in my sport are:

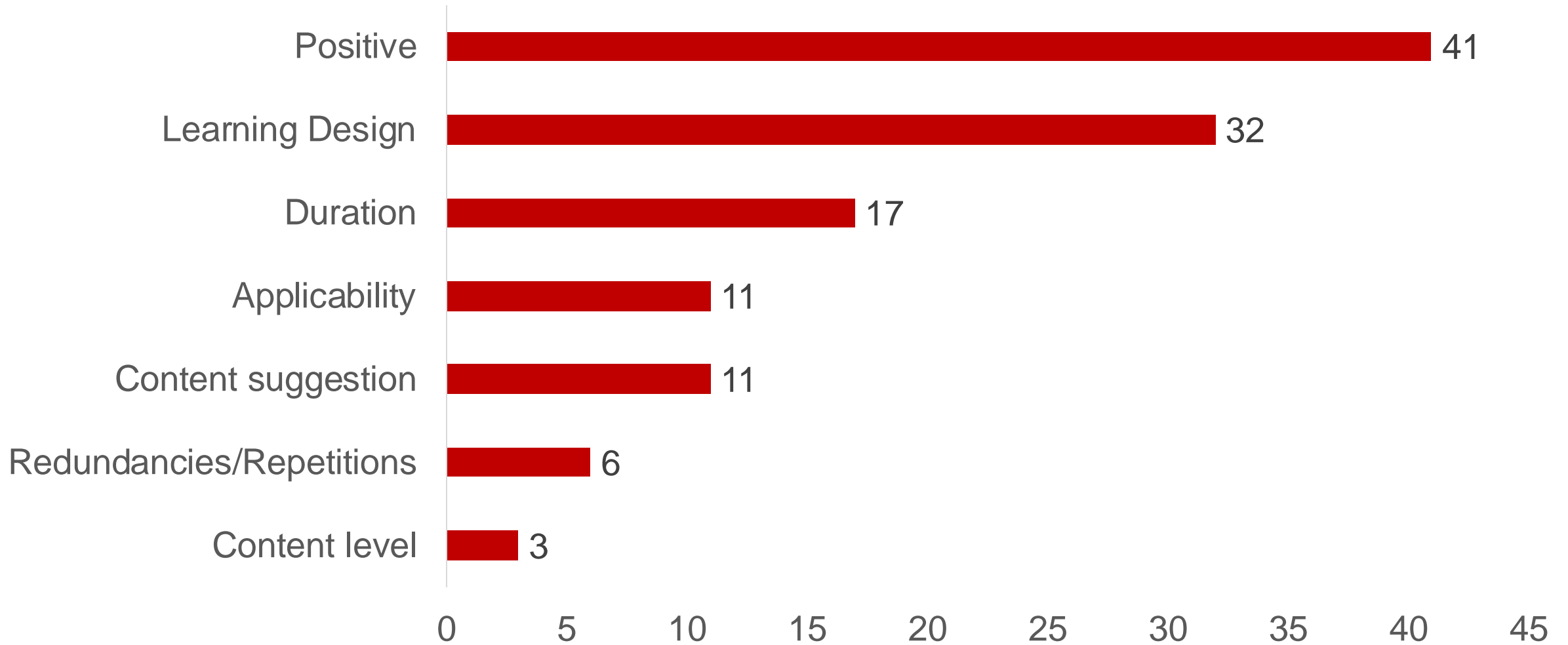


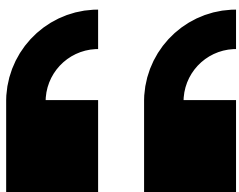


## How likely are you to be a more effective coach as a result of completing the training?



## Comments





I coach a non-contact sport and rarely have athletes suffer from concussions. However, shortly after I completed this module, one of the athletes that I coach had a concussion from an accident unrelated to sport and the knowledge that I gained here was helpful with how I approached the athletes return to training.

I currently coach and I am also a trainer. This course was very well orchestrated and I should have taken it sooner. I truly enjoyed navigating this course and completing it. I saved some of the resources that I find very practical. I am also more aware of the conversation required to be had with everyone pre-season regarding concussion. I feel with a proper presentation, misunderstandings and disappointments can be avoided. Thank you.

Very useful in that, although as a health professional, I was aware of the material, it gave me concrete and positive solutions to dealing with competitors and parents to support the decision regarding return to play follow injury.

# Engaging Learning Design

“Really enjoyed the course. It was informative and engaging. The scenario format was very helpful. Would like to see more courses like this one.”

“Loved the scenario's very close to real life!!!”

“I thought overall it was well done. The videos were short and to the point. Short videos then answering a question kept me engaged for an online session which is much better than a long video followed by many questions.”

“I found this module one of the most engaging modules I've taken thus far, possibly because of the videos and situations it puts you in, I found it really easy to stay engaged and so I think most modules should be like this one! I learned a lot!!”

I really enjoyed the balance of activities. The short animated videos followed by the video of the doctor explaining the process was so helpful. Hearing personal stories in video was also powerful. I also appreciated repetition of important information.

# Areas of improvement

- **Applicability**
- **Content Level**
- **Duration and Repetitions**

“As a teacher who coaches in the fall semester, I am too busy to spend 45 minutes completing your program which repeats information 3 different times. Some online programs allow you to skip the videos and go straight to a quiz if you are already familiar with the material. If you fail a question, then maybe you could link the information to that question, so coaches are only required to bone up on the material they have forgotten.”

“No suggestions for improvement but wanted to say I was impressed with the clear presentation of the information and found the mix of video and drop-down review especially helpful and engaging. The repetition of how to deal with athletes wanting to continue play after a suspected concussion was very helpful. Thank you”

# Content Suggestions

## Resources

“Rowan's Law should be built up more in the module, including the MANY different types of checklists for coaches”

“More tools and strategies to identify concussions”

“A link to the concussion system pocket tool that is referenced”

“I do wish though that the Pocket Concussion Recognition Tool was provided as an app or for print”

“Quick links available upon completion for key resources”

## NCCP Making Head Way in Sport

### Resources

**Canadian Guideline on Concussion in Sport**  
**Guide for Coaches and Trainers**  
**Guide for Athletes**  
**Guide for Parents and Caregivers**  
**Guide for Teachers**  
**Sport concussion assessment tool (Child SCAT5)**  
**Sport concussion assessment tool (SCAT5)**  
**Which Helmet for Which Activity**  
**Medical Assessment Letter**  
**Medical Clearance Letter**  
**Return to School (Learn) Strategy**  
**Return to Sport (Play) Strategy**  
**True Sport Principles**  
**Player Code of Conduct**  
**NCCP Code of Ethics**  
**Pre-Season Education Sheet**  
**Concussions in Schools – Know your Role**  
**CASEM – Find a Physician**  
**NCCP Emergency Action Plan (EAP)**  
**Action Card**

# Content Suggestions

## Inter-personal knowledge

“Would like to see some coaches talk about their experience and how parents reacted or players reacted and so on this information would be beneficial for parents of participants as well. Having to bring forth a difficult conversation with an affective player/parent that has been educated on how the coaching staff is making their decision would be greatly received (...)”

“All the athletes that sustained concussions in the case scenarios were generally eager to return to sport (sometimes challenging the coach to let them do so). It may be useful to consider a scenario where the athlete themselves may be fearful of returning to sport and how following the concussion guidelines may serve as reassurance for them as well.”

# Next steps

- 2023 Revisions – Updates to reflect the international consensus on concussion in sport from the 6th International Conference on Concussions in Sport held in Amsterdam, October 2022
- Project Pulse – ongoing monitoring
- Project Pulse - follow up participant survey

