

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 prevention, detection and management.



Strategies to Improve Concussion Education



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



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



QUICK TIPS

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 athletes feel that symptom recognition and understanding the effects of concussions on the brain are the most important aspects of concussion education. The majority of the athletes also preferred learning about concussions through computer-based methods, like online training ([Black et al., 2023](#)).

For more information visit sirc.ca/concussion

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