

# Concussion Workshop

## Objectives - Confidence in Concussion

---

- Equip attendees with the confidence and skills to recognise and remove an athlete from play when necessary.
- Understand the importance of active recovery and where attendees may be able to improve recovery experiences.
- Foster awareness and understanding of concussion and the importance of reporting.

## Agenda

---

### 1. Recognising Concussion

- a. What is it and why is it important?
- b. Red flags
- c. Myth busting activity

### 2. First Actions - In the event of a suspected concussion...

- Recognise and Remove (If in doubt, sit them out)
- Reporting and seeking appropriate medical attention
- What next?

### 3. Return to Learn/Return to Sport

- An active process – Discussion: how to stay/ keep your teammates involved?
- Key milestones
- Persistent symptoms

### 4. Baseline Testing and Symptom Tracking

- What, when & how often?
- Baseline testing activity

### 5. Gender Differences and Risk factors

- Concussion history, collision mechanism and neck strength
- Minimising concussion risk (useful drills and training)
- Brain training activity

### 6. Holistic Recovery

- Being a Supportive teammate
- Social support networks
- Discussion Activity: Creating a culture of support

### 7. Quiz

## Feedback

75% agree they now feel they could **confidently** navigate a concussion (other 25% strongly agree) - University of Bristol Club Captains Workshop

“[Concussion Toolkit] provided a comprehensive understanding of concussion for our coaches” – University of Surrey Sport Development Officer