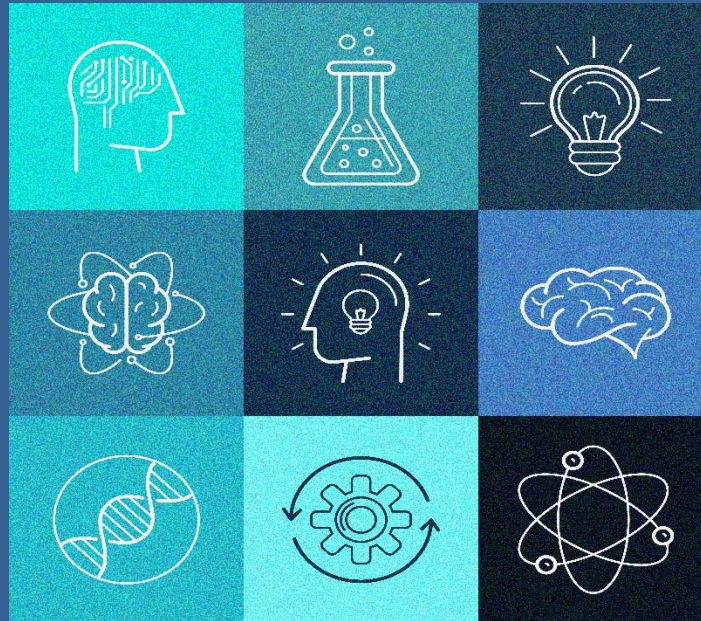


Smart Teams™

Creating A Safe Concussion Reporting Environment: #TeamUp4ConcussionSafety



NCAA | DoD Mind Matters Challenge

Why Do Athletes Hide Concussion Symptoms?



Reasons Athletes Don't Report

- ✓ Don't believe injury serious enough to report
- ✓ Don't want to be removed from the game or practice
- ✓ Think can safely delay reporting until removal less likely to affect game or practice play or until symptoms gets so bad can't keep playing
- ✓ Don't know potential health risks if keep playing
- ✓ Don't think suffered a concussion



Reasons Athletes Don't Report

- ✓ Expected to play hurt
- ✓ Fear negative consequences if report symptoms
- ✓ Feel pressure to keep playing from coaches, teammates, parents, and/or fans
- ✓ Think that will be letting down coach, teammates, parents, and fans if report
- ✓ Don't think positive attitude toward reporting shared by coach and teammates



Concussion Symptom Reporting: *A New Game Plan*

- ✓ **Teach** about concussion signs and symptoms and risks to short- and long-term health
- ✓ **Reduce** pressure to hide symptoms
- ✓ **Create** climate in which athletes feel comfortable reporting and encouraging teammates to report concussion symptoms
- ✓ **Involve** all stakeholders



Concussion Symptom Reporting: #TeamUp4ConcussionSafety

- ✓ **Focus** on the **performance** and health **benefits** of immediate concussion symptom reporting
- ✓ **Establish** immediate concussion symptom reporting as a **valued team behavior** and sign of a **good teammate**
- ✓ **Correct** misperceived attitudes and beliefs by athletes about team concussion reporting attitudes





Mental status



Memory



Eyes



Nausea/vomiting



Emotional



Motor



Balance



Pain

Concussion Signs and Symptom

THINKING AND MEMORY

- Difficulty thinking clearly
- Feeling slowed down
- Poor concentration
- Poor memory
- Can't recall events
- Forgets an instruction
- Answers questions slowly.
- Feeling sluggish, hazy, foggy, or groggy



PHYSICAL

- Appears dazed or stunned
- Moves clumsily
- Headache
- Fuzzy or blurry vision
- Nausea/vomiting
- Dizziness
- Balance problems
- Double or blurry vision
- Sensitivity to noise or light
- Fatigue
- Poor energy



EMOTIONS AND MOODS

- Mood, behavior, or personality changes
- Irritability
- Sadness
- More emotionality
- Nervousness or anxiety
- Just not "feeling right," or "feeling down".



SLEEP

- Sleeping more than usual
- Sleeping less than usual
- Trouble falling asleep



Concussions Are Serious!

- ❑ Concussion is a form of traumatic brain injury which changes how the brain functions
- ❑ Once considered a temporary injury
- ❑ Now recognized as a complex injury with both short-term *and* long-term effects



Playing With Concussion Symptoms Puts Athlete's Health At Added Risk

Continuing to play with concussion symptoms exposes athletes to increased risk of:

- ✓ **more serious brain injury**, up to and in rare cases including death
- ✓ **other kinds of injury**



Playing With Concussion Hurts Athlete and Team Performance In That Game

- ✓ Hard for concussed athletes to play their best:
 - ✓ slower reaction times
 - ✓ balance problems
 - ✓ impaired thinking and memory
- ✓ Continuing to play with concussion symptoms could hurt team's performance and chances of winning

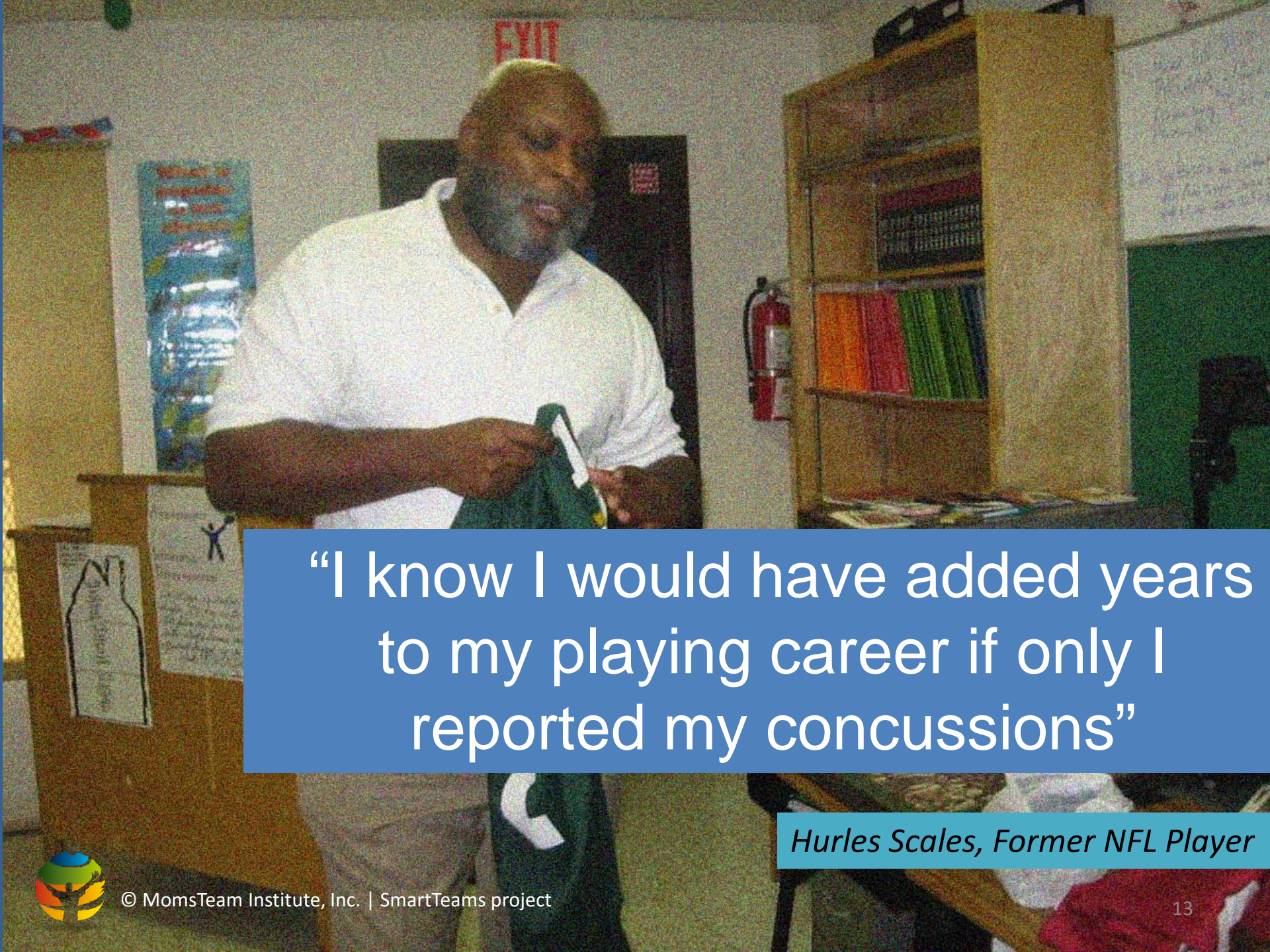


Delayed Concussion Symptom Reporting Hurts Athlete And Team In Future Games

Concussed athletes who delay reporting :

- Are 8 times more likely to need 21 or more days to get medical clearance to return to contact
- Take nearly twice as long to return from injury (44 days v. 22 days)
- Perform significantly worse on tests of verbal and visual memory, processing speed, and reaction time,
- report more severe concussion symptoms at their initial and follow-up visits
- Hurt themselves and their team by **missing more time**






“I know I would have added years to my playing career if only I reported my concussions”

Hurles Scales, Former NFL Player





Immediate Concussion Symptom Reporting Helps Team And Athlete

Teams benefit:

- ✓ Ensure that injured players don't hurt performance
- ✓ Athletes return more quickly after injury

Athletes benefit:

- ✓ Have best chance to return to sports as quickly as possible.



Four Signs Of Good Teammate

1. **Self-report** concussion symptoms immediately
2. **Watch** for concussion signs in teammates
3. **Encourage** teammate with suspected concussion to report to coach or medical staff
4. **Ask** for teammate to be checked out if they won't self-report





"I have a friend on the line. He's the center. We were at practice one day, and he seemed really out of it. So, I told coach, and he got really mad. But I know it was going to help him in the long run."

Coach's Concussion Pledge

- ✓ Help athletes feel comfortable reporting concussion symptoms (own and teammates)
- ✓ Stress athletes' responsibility to report symptoms (own and teammates)
- ✓ Reinforce positive concussion reporting messages during season
- ✓ Create and maintain open dialog with players about concussion safety



Athlete's Concussion Pledge

- ✓ All concussions are brain injuries which athlete has responsibility to report
- ✓ Own health and safety and that of teammates always more important than winning
- ✓ Will report concussion symptoms to help team win that game and future games



Parent's Concussion Pledge

- ✓ Stress to athlete that immediate symptom reporting in both their best interests and their team's
- ✓ Watch for delayed concussion symptoms or signs of more serious brain injury
- ✓ Avoid putting pressure on child to continue playing after hard hit to head
- ✓ Not pressure coach or doctor to return child to play before brain fully healed



We Can Be Concussion Smart And Win Too!





SMARTTEAMS

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