

# Creating a Culture of Concussion Safety: Do's And Don'ts for Coaches



- ❌ Suggest to players that playing hurt is something you value or the sign of a good team member
- ❌ Base decisions on which athletes you pick as starters or get more playing time in part on their toughness or willingness to play hurt
- ❌ Criticize an athlete's toughness in front of their teammate
- ❌ Penalize players for positive concussion reporting behavior with a loss of starting position or playing time
- ❌ Pressure athletes to continue playing with concussion symptoms or create an expectation that they hide symptoms
- ❌ Pressure create an expectation that athletes attempt to return to play after injury before they have fully recovered

- ✅ Create a climate in which athletes feel safe in reporting concussion symptoms
- ✅ Inform athletes of their responsibility to immediately report concussion symptoms
- ✅ Establish immediate concussion symptom reporting as a valued team behavior
- ✅ Provide emotional and social support for a concussed athlete during their recovery
- ✅ Emphasize that players will not be penalized or criticized for reporting concussion symptoms
- ✅ Make sure players understand that they will not be letting you down, teammates, parents or fans by reporting

For more information about the Smart-Teams Play Safe™  
#TeamUp4ConcussionSafety Program, visit [www.Concussions.Smart-Teams.org](http://www.Concussions.Smart-Teams.org)