

## What did we do?

We asked 255 youth rugby players aged 11-17 years old from schools and clubs in Sussex and Hertfordshire to complete a questionnaire. Players responded to a range of statements testing their knowledge of, and attitudes towards, concussion.

## What did we find?

Overall, players showed a good knowledge of concussion, but there were number of statements that most players answered incorrectly, including:

- Concussions do not only result from a blow to the head.
- Younger players are more at risk of concussion.



In addition, players were not good at identifying the symptoms of concussion.

Overall, players attitudes towards concussion were appropriate, but again, there were a number of statements where a substantial minority (over 20%) reported inappropriate attitudes, including:

- If it is an important game it is more important for a player with a concussion to return to play than to sit the match out.
- My team mates would expect me to carry on playing in a match after a head injury.

Out of the 61 players who reported suffering a concussion, only seven players (11%) reported a return to play after the Rugby Football Union's recommendation of 23 days.

## What does it mean?

Coaches, parents and administrators should:

1. Continue to promote and evaluate knowledge of, and appropriate attitudes towards, concussion.
2. Assist players to identify both the immediate and the delayed symptoms of concussion.
3. Ensure that the return to play guidelines are followed.

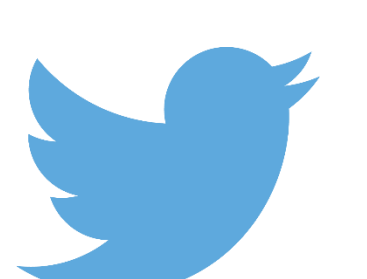


## How can I find out more?

<http://www.sciencedirect.com/science/article/pii/S1440244017304036>

<http://www.englandrugby.com/>

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