

# CONCUSSION IN SPORT

Sport and Recreation-related Traumatic Brain Injuries among Canadian Children and Youth

## CONCUSSIONS ARE A COMMON TYPE OF INJURY

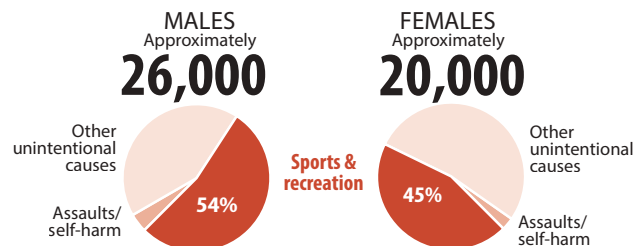
Unintentional injuries are a leading cause of death, hospitalization, and disability among Canadians... and of these, **concussions are among the most common**

## CONCUSSION TREATMENT

**REST** for 24-48 hours, followed by a **gradual, medically supervised return to activity**

Many youth experience concussions during sports and recreation activities, sometimes with tragic outcomes

Approximately **46,000** **DIAGNOSED CONCUSSIONS** in 2016-17 by hospital emergency departments for children and youth 5-19 years of age\*  
\* National Ambulatory Care Reporting System (NACRS)



**ICE HOCKEY, RUGBY AND RINGETTE** are the sports with the highest proportion of brain injuries among children and youth 5-19 years of age

ranging from **27%** to **44%**

of all injuries that happened while playing these sports\*  
\* Canadian Hospitals Injury Reporting and Prevention Program (CHIRPP)

## WHAT DO CANADIANS KNOW ABOUT CONCUSSIONS?

There is an ongoing need to integrate any new knowledge on concussion prevention and treatment among allied health professionals, coaches, athletes, parents, and education providers

**Knowledge or training** in diagnosis of concussion

**Awareness or compliance** among coaches, athletes and parents

**Education and training** among providers



**1 in 2** Canadians have **little or no knowledge** about concussion



Only **15%** can correctly **identify the best ways** to treat concussion

**1 in 4** **do not know** how concussion is treated

Only **4 in 10** are **aware** of available concussion **tools or resources**

## GOVERNMENT OF CANADA SUPPORTING TOOLS AND INFORMATION-SHARING

The Government of Canada has developed evidence-based information and practical tools for:



- Canadian Guideline on Concussion in Sport
- A Return to School Strategy
- A Return to Sport Strategy
- Canadian Harmonized Concussion Protocols
- A SchoolFirst resource for teachers and school boards to support children and youth after experiencing a concussion
- Mobile App to guide parents in the management of their child's concussion

Visit [www.canada.ca](http://www.canada.ca) to access concussion tools and information



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