

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

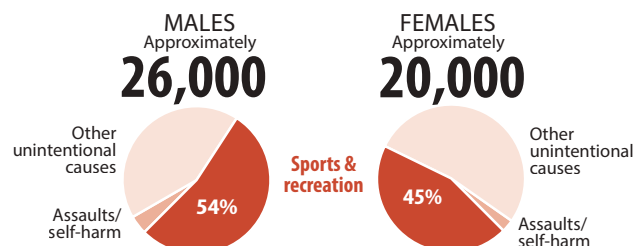
Approximately

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

1 in 4

do not know how concussion is treated



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

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

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



GOVERNMENT OF CANADA SUPPORTING TOOLS AND INFORMATION-SHARING

- 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 to access concussion tools and information



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