

## 2013 Nebraska Sports Concussion Youth Survey -- Highlights

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Youth who sustained a concussion as a result of participation in a school or community/ league/club organized sport were surveyed by the Brain Injury Association of Nebraska. A total of 94 youth (who were asked to complete the survey with their parents) participated in the survey. Following are highlights of the results.

***There may be a need to educate youth participants in organized sports, their families, and coaches about the importance of taking concussions seriously and the dire consequence of second impact concussions. Youth returning to the classroom after a suspected concussion may not be receiving the assistance they need.***

- 77% of youth reported that they received information about the signs and symptoms of concussions before practice for the sport began.
- 85% of youth reported that they were removed from play when they sustained their concussion, but just 70% reported being removed from play immediately (15% reported being removed at some stopping point in play and another 15% reported not being removed from play at all).
- 57% of youth who were removed from play reported that they were removed from play by a coach; 31% removed themselves; 21% were removed by an athletic trainer.
- 47% of youth reported that a coach recognized their concussion; 39% said it was their parent who recognized it; and 33% recognized it themselves.
- 8% of youth reported that no one evaluated them during the game/practice in which they sustained a concussion.
- 3% of youth reported playing in other sports while they were sitting out from the sport in which they sustained a concussion.
- 11% of youth reported not feeling fully recovered from their concussion before returning to athletics.
- 22% of youth reported instances when they experienced the symptoms of a concussion, but did not report them to a coach or athletic trainer in order to continue playing in the past year. Reasons given for not reporting concussion-like symptoms among those who did not report them include not thinking it was serious enough (68.4%), not wanting to be pulled from the game/practice (36.8%), not knowing it was a concussion (31.8%), and not wanting to let teammates down (15.8%).
- 28% of youth report recognizing the symptoms of a concussion in a teammate; of those who did, 84% told a coach or athletic trainer.
- 14% of youth reported not feeling confident that their coach or athletic trainer will appropriately manage a student with a suspected concussion (e.g., remove them from play and refer for further evaluation).
- 58% of youth reported that their teachers and school did not provide extra assistance in the classroom when they returned to school and were still recovering from their concussion.