

Concussion in Youth Sports

We'd like to ask people about the issue of concussions in sports. For the purposes of this survey, we'll define concussions as a brain injury that alters the way your brain functions. Effects are usually temporary and can include headaches, vomiting and problems with concentration, memory, balance and coordination.

1. Based on whatever you've seen, read, or heard about this issue of concussions and sports, how serious a problem do you think this is today?

[rotate]

Very serious, it should receive more attention than it does

Not serious at all, it's been overblown

[anchored] Don't know/Can't say

As a kid

2. Did you yourself participate in any kind of organized sports, when you were a minor (under the age of 18)? Some examples might include in a recreational league, or on a school team, etc.

No, I did not play organized sports

Yes, I played organized sports

IF NO AT Q2, SKIP TO Q4

IF YES AT Q2, ASK Q3a:

3a. Did you ever experience a concussion playing sports when you were young (that is, before you turned 18)?

Yes, once

Yes, more than once

I think so, but it was never diagnosed

No, never had a concussion from sports as a kid

IF NO AT Q3a, SKIP TO Q4

IF YES OR THINK SO (ALL BUT NO) AT Q3a, CONTINUE WITH REST OF Q3

3b. Please think back to this concussion you experienced before you turned 18. (If there was more than one concussion, please think about the most serious one.)

Was a responsible adult (e.g. your coach, teacher, parents or some other responsible adult) aware of your injury?

Yes, aware

No, not aware

3c. Did you see a doctor for this concussion?

Yes

No

3d. How long did symptoms from the concussion last?

A short time (hours or a day or so)

A week or so

A month or so

A few months

Less than a year

More than a year

Several years

I still feel them today

Really Not Sure/Don't Know

3e. What impact, if any, did the injury have on your participation in the sport you were playing when you got the concussion?

No impact – kept playing

Sat out a few days

Sat out a few weeks

Sat out the season

Sat out longer

I never played that sport again

3f. And, thinking back to the concussion(s) you experienced playing sports when you were young, what were the overall effects, if any, not just on sports, but on your life? Please choose all that apply.

[keep in this order]

Missed school

School marks suffered

Physical effects – dizziness, confusion, nausea, vomiting etc.

Problems with memory and learning

Impact on my social life

Changed my mood

Made me scared/wary of playing sports

[fixed and anchored] No important effects

As an adult

ASK EVERYONE:

4a. Now, as an adult, do you or have you participated in any kind of organized sports (e.g. in a recreational league, or through university etc.)?

- No, have not played organized sports as an adult
- Yes, did so – more than 10 years ago
- Yes, did so – within the past 10 years
- Yes, currently play organized sports

IF NO AT Q4a, SKIP TO Q5

IF YES AT Q4a, ASK Q4b:

4b. Did you ever experience a concussion playing sports as an adult, after you turned 18?

- Yes, once
- Yes, more than once
- I think so, but it was never diagnosed
- No, never had a concussion playing sports as an adult

IF NO AT Q4b, SKIP TO Q5

IF YES OR THINK SO (ALL BUT NO) AT Q4b, CONTINUE WITH REST OF Q4:

4c. Please think about this concussion you experienced playing sports as an adult. (If there was more than one concussion, please think about the most serious one.)

Did you see a doctor for this concussion?

- Yes
- No

4d. How long did symptoms from this concussion last?

- A short time (hours or a day or so)
- A week or so
- A month or so
- A few months
- Less than a year
- More than a year
- Several years
- I still feel them today
- Really Not Sure/Don't Know

4e. What impact, if any, did the injury have on your participation in the sport you were playing when you got the concussion?

No impact – kept playing
Sat out a few days
Sat a few weeks
Sat out the season
Sat out longer
I never played that sport again

4f. And, thinking back to the concussion(s) you experienced playing sports as an adult, what were the overall effects, if any, not just on sports, but on your life? Please choose all that apply

[keep in this order]

Missed school or work
School or work performance suffered
Physical effects – dizziness, confusion, nausea, vomiting etc.
Problems with memory and learning
Impact on my social life
Changed my mood
Made me scared/wary of doing sports
[fixed and anchored] No important effects

Parents

ASK EVERYONE:

5a. Are you or have you been the parent or caregiver of children who participate(d) in organized sports?

Yes, currently have one or more kids playing organized sports
Yes, did have kids playing, but no longer playing or grown up now
No, no kids or none playing/played organized sports

IF NO AT Q5a, SKIP TO Q6

IF YES AT Q5a, ask:

5b. Did your child(ren) ever experience a concussion playing organized sports?

Yes, once

Yes, more than once

I think so, but it was never diagnosed

No, never had a concussion

IF NO AT Q5b, SKIP TO Q6

IF YES OR THINK SO (ALL BUT NO) AT Q5b, CONTINUE WITH REST OF Q5

5c. Please think about this concussion your child(ren) experienced while playing sports. (If there was more than one concussion, please think about the most serious one). Did they see a doctor for this concussion?

Yes

No

5d. How long did symptoms from your child's concussion last?

A short time (hours or a day or so)

A week or so

A month or so

A few months

Less than a year

More than a year

Several years

They still feel them today

Really Not Sure/Don't Know

5e. What impact, if any, did the injury have on their participation in the sport they were playing? when they got the concussion?

No impact – kept playing
Sat out a few days
Sat a few weeks
Sat out the season
Sat out longer
They never played that sport again

5f. And, thinking back to the concussion(s) your child(ren) experienced playing sports, what were the overall effects, if any, not just on sports, but on their life? Please choose all that apply

[keep in this order]

Missed school
School marks suffered
Physical effects – dizziness, confusion, nausea, vomiting etc.
Problems with memory and learning
Impact on their social life
Changed their mood
Made them scared/wary of doing other sports
[fixed and anchored] No important effects

ASK EVERYONE (through to end)

6. Here are some statements about concussions and young athletes. Please tell us whether you agree or disagree with each of these:

[ROWS]

[randomize]

If my child got a concussion playing sports, the coaches/trainers would handle the situation well

Schools in my province have a good plan to prevent concussions as much as possible

Youth leagues in my province have a good plan to prevent concussions as much as possible

Concussions are happening to students more frequently now than when I was in school

Too many parents would allow their child to play sports too soon after a concussion

Too many coaches would allow a young athlete to play sports too soon after a concussion

Overall, the benefits of kids playing organized sports far outweigh the risks of concussion

[COLUMNS]

Strongly disagree

Moderately disagree

Moderately agree

Strongly agree

Not sure

7. Of the following sports, which, if any, would you be concerned about children playing because of the risk of concussions? Pick up to three:

[randomize]

Soccer

Hockey

Basketball

Baseball/Softball

Gymnastics

Figure Skating

Rugby

Football

Tennis

Martial Arts

Field Hockey

Lacrosse

Anchor: None of these/Not really concerned

8. Thinking about the role of government in youth sports, which statement is closest to your own point of view?

Provincial governments need to step in with laws/regulations to better protect young athletes from concussions

There's no need for government oversight; coaches and parents are doing well enough protecting young athletes from concussions

9. Different proposals have been made to address the issue of concussions in organized youth sports.

Would you support or oppose each of the following policies?

[RANDOMIZE]

Requiring a certified trainer or health professional be present for every organized youth game

Requiring young athletes to follow a "Return to Play" policy – steps they must take before returning to normal activity after a suspected concussion

Requiring young athletes to obtain a doctor's permission before returning to sports after a suspected concussion

Requiring coaches to be educated on the risks of concussions as a condition of their eligibility to coach

Not allowing kids under the age of 14 to play contact sports

[COLUMNS]

Strongly oppose

Moderately oppose

Moderately support

Strongly support

10. If a certified trainer or other health professional were required to be onsite for organized youth games, who should be **most** responsible for covering those costs?

Parents/player fees

The organization (school, youth sports league etc.)

The government

Don't know