

# THE TOP 10 REASONS

## players don't report possible concussions



### The Reason

- 1 I didn't think it was serious.
- 2 I didn't want to lose playing time.
- 3 I didn't want to let my team down.
- 4 I didn't know at the time it was a concussion.
- 5 I didn't want to have to go to the doctor.
- 6 It was the end of the season; I didn't want to miss a game.
- 7 I thought my coach would think I'm weak.
- 8 I thought my teammates would think I'm weak.
- 9 I thought my coach would get mad.
- 10 My team was going to the playoffs when it happened.

### The Solution

Treat concussions more seriously than we would treat a broken arm or a broken leg. Brain injuries are serious. Brains don't heal like broken limbs do.

Explain that the best way to keep playing time is to make a full recovery and the best way to do that is to immediately stop playing after concussion.

Commend players who report concussions for their bravery and teamwork.

Educate players on the signs and symptoms of a concussion and encourage teammates to look out for signs during games and practices.

Inform your team that seeing a medical professional is key to recovering from a concussion.

Stress that long-term health is much more important than any game or season.

Tell athletes that reporting concussions is the tough, smart and courageous thing to do. Coaches set the team culture.

Involve the entire team in messaging about the seriousness of concussions. Athletes should know that there is no such thing as a tough brain.

Praise earnest concussion reporting. Never punish or doubt an athlete with a concussion and keep athletes thinking positively in their recovery.

Emphasize that long-term health is more important than the results of a game or season.

Source: Wallace J, Covassin T, Nogle S, Gould D, Kovan J. Knowledge of concussion and reporting behaviors in high school athletes with or without access to an athletic trainer. *J Athl Train.* 2017;52:228-235. doi: 10.4085/1062-6050-52.1.07.

Visit [TeamUpSpeakUp.org](http://TeamUpSpeakUp.org) to set a positive concussion culture on your team.

**TEAM UP  
SPEAK UP**  
TO FIGHT CONCUSSIONS