Investigation of the knowledge of South African high school rugby coaches on concussion and the return-to-play protocol

Supplement A: Concussion Questionnaire

Thank you for taking the time to complete this questionnaire, it is completely anonymous.

Participant information

- 1. Age:
- 2. Gender:
- 3. Completed IRB coaching course:
- Level 1 introducing rugby
- Level 2 Developing rugby skills
- Level 3 Analysis & preparation for coaches
- Coaching sevens
- None

4. In which rugby union do you coach rugby? Tick the correct box.

Blue Bulls	
Boland Kavaliers	
Border Bulldogs	
Eastern Province Kings	
Free State Cheetahs	
Golden lions	
Griffons	
Griquas	
Leopards	
Pumas	
KZN Sharks	
SWD Eagles	
Valke	
Western Province	

5. How many years have you been a coach? Tick the correct box.

Less than 3 years	
3 to 5 years	
5 to 10 years	
More than 10 years	

6. In which category does your school compete? Tick the correct box.

Small school – less than 5 teams

Medium school - between 5 and 10 teams

Large school – more than 10 team	S
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7. Do you have BokSmart accreditation? Tick the box.

Yes	
No	

8. Which of the following are symptoms of concussion?

	Yes	No
Black eye		
Abnormal sense of smell		
Amnesia		
Headache	-	
Abnormal taste sensation	-	
Tingling in the neck and shoulders		
Sharp burning neck pain	-	
Sleep disturbance	-	
Weakness in the neck	-	
Nosebleed		
Nausea		
Loss of consciousness	-	
Hyperventilating		
Dizziness		
Inappropriate crying		
Irritability		
Confusion		

9. In your experience, what are the two most common symptoms of concussion?

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Please answer the next set of questions, by choosing whether each statement is true or false

True	False
	True

11. Your star player sustains a minor concussion and he looks ok on the field, you...

Allow him to continue playing because he is still making the right decisions on the field You are not that worried because he did not lose consciousness

The doctor is happy after a concussion time-out and you send him back onto the field You send him back after halftime because the game is too close to play without him

12. A player can start a game after concussion when...

Symptoms of last week's game cleared up within 15 minutes

3 weeks rest after concussion

Doing contact drills without any symptoms

13 days out and participating in full contact practice without symptoms

13. A player has rested for 4 weeks after concussion and has a headache after the first contact practice since his return to training, you...

Evaluate in 24 hours and if he is OK he can play the next day

Send to a doctor and if he is cleared he can play the next day

If he has no complaints at the next day's practice he can play the day after

Sit him out for another week and if he is OK at the contact practice then he can play

14. A player has confirmed concussion on the last game before the examinations. Your advice to him after the game would be...

Keep his phone on during the weekend because you want to text him to find out if he is doing well

Do not study and go for a walk the next day to see how he feels after some exercise

Do not study, rather relax and watch some television

Try to study for the Monday's examination, and let the school know if it is too difficult

15. A player has suffered concussion, but feels good after the game.

Can go home, rest and take fluids and see a doctor if he gets worse

Start next weeks' game because he did well at practice

You allow him to play in the final provincial trials 4 days after the injury because his father and the family doctor agrees that he is OK

You are not worried about him because he looks fine and, after all, did not even lose consciousness

Because his irritating mother will bug you forever, you tell her if she really wants to take him to a doctor for a minor concussion, she must go ahead

True	False

True	False

False

True

True	False

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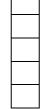
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	True	False
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16. What are the Maddock questions?

17. From which of the following sources are you most likely to obtain your knowledge on concussion. List from most likely to least likely from one to five (1 = least likely to 5 = most likely).

Magazines/Newspapers Other coaches Internet Rugby educational programs



Healthcare workers/Doctors