

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	<input type="checkbox"/>
Level 2 – Developing rugby skills	<input type="checkbox"/>
Level 3 – Analysis & preparation for coaches	<input type="checkbox"/>
Coaching sevens	<input type="checkbox"/>
None	<input type="checkbox"/>

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

Blue Bulls	<input type="checkbox"/>
Boland Cavaliers	<input type="checkbox"/>
Border Bulldogs	<input type="checkbox"/>
Eastern Province Kings	<input type="checkbox"/>
Free State Cheetahs	<input type="checkbox"/>
Golden lions	<input type="checkbox"/>
Griffons	<input type="checkbox"/>
Griquas	<input type="checkbox"/>
Leopards	<input type="checkbox"/>
Pumas	<input type="checkbox"/>
KZN Sharks	<input type="checkbox"/>
SWD Eagles	<input type="checkbox"/>
Valke	<input type="checkbox"/>
Western Province	<input type="checkbox"/>

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

Less than 3 years	<input type="checkbox"/>
3 to 5 years	<input type="checkbox"/>
5 to 10 years	<input type="checkbox"/>
More than 10 years	<input type="checkbox"/>

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

Small school – less than 5 teams	<input type="checkbox"/>
Medium school – between 5 and 10 teams	<input type="checkbox"/>
Large school – more than 10 teams	<input type="checkbox"/>

7. Do you have BokSmart accreditation? Tick the box.

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>

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?

A _____

B _____

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

	True	False
A person who has recovered from concussion is less able to withstand a second blow to the head		
It is easy to tell whether a person is concussed by the way he looks or acts		
Concussion is generally harmless and does not result in any permanent damage		
A person has to lose consciousness to sustain concussion		
A player does not have to hit his head to sustain concussion		
Symptoms of concussion will appear immediately after the injury		
Concussion is not as serious as some other injuries		
It is absolutely essential to see a doctor after concussion, even a minor concussion		

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

True	False

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

True	False

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

True	False

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

True	False

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

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