

Online Appendix

HEADS UP Coaches Training: Pre/Post Test Questions

Pre-Test ONLY Questions

The pre-test will collect general demographic information about users and assess users' knowledge, attitudes and behaviours related to concussion.

1. I am a (select each option that best describes you):
 - a. Youth sports coach
 - b. High school sports coach
 - c. Sports official
 - d. Athletic trainer
 - e. Other, please describe: _____

2. What sport(s) are you involved with? (select all that apply)
 - a. Baseball
 - b. Softball
 - c. Football
 - d. Ice Hockey
 - e. Field Hockey
 - f. Soccer
 - g. Basketball
 - h. Lacrosse
 - i. Wrestling
 - j. Diving
 - k. Gymnastics
 - l. Rugby
 - m. Tennis
 - n. Volleyball
 - o. Track and field
 - p. n/a
 - q. Other, please describe: _____

3. What ages do you work with? (check all that apply)
 - a. 5 and younger
 - b. 6 – 10
 - c. 11 – 13
 - d. 14 – 18
 - e. n/a

4. Do you work with boys, girls, or both?
 - a. Boys
 - b. Girls
 - c. Both
 - d. n/a

5. Have you ever had to pull an athlete out of a game because of a possible concussion?
 - a. Yes
 - b. No
 - c. n/a

6. Has a medical provider ever diagnosed an athlete you were coaching with a concussion?
 - a. Yes
 - b. No
 - c. Unsure
 - d. n/a

7. How often do your athletes have access to an athletic trainer or other health care provider?
 - a. At all games and practices
 - b. At some games and practices
 - c. Only at games
 - d. Only at practices
 - e. Never
 - f. n/a

8. How often do you carry information about concussions with you when you are coaching - such as a list of concussion signs and symptoms?
 - a. At all games and practices
 - b. At some games and practices
 - c. Only at games
 - d. Only at practices
 - e. Never

9. Have you ever referred to the CDC HEADS UP materials to help you make decisions about a possible concussion?
 - a. Yes
 - b. No

10. Prior to taking the training today, have you completed a training about concussion prevention and preparedness?
- a. Yes
 - b. No

Pre-Test and Post-Test Questions

11. Select the all statements below that are true:
- a. **A concussion is a brain injury.**
 - b. Athletes should have more than one concussion symptom before they are removed from play.
 - c. **Athletes who have ever had a concussion are at increased risk for another concussion.**
12. Select the all statements below that are true:
- a. An athlete who is experiencing the effects of a concussion performs the same as an athlete who doesn't have a concussion.
 - b. I need permission from an athlete's parent to remove him or her from play when a concussion is suspected.
 - c. **Athletes who are removed from play because of a possible concussion should return to play only after they are back to their regular school activities.**
 - d. **There is a possible risk of death if a repeat concussion occurs before the first one has healed.**
13. Which of the following would be considered danger signs of the most serious type of head or brain injury and require rushing an athlete to the emergency department immediately?
- a. The athlete seems slightly off balance, complains of a headache, did not lose consciousness, but "isn't feeling right."
 - b. **The athlete lost consciousness, has slightly slurred speech and seems to become increasing more confused and restless.**
 - c. The athlete complains of a headache and appears slightly dazed or stunned.

How strongly do you agree or disagree with the following statements? Please choose one answer for each line. *(These questions assess attitude and didn't count towards post-test score.)*

	Strongly Agree	Agree	Neither Agree Nor Disagree	Disagree	Strongly Disagree
14. Concussions are serious.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I am confident in my ability to recognise concussion symptoms in youth athletes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. There are things I can do to help prevent concussion among my athletes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. My athletes would tell me if they experienced concussion symptoms.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I am confident in my ability to help an athlete with the return to play process.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I talk with my athletes about concussion and encourage them to report concussion symptoms.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I plan to teach my athletes ways to prevent concussion.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. Consider the following scenario: It is the last quarter of the championship game and your best athlete is knocked down and you think she may have hit her head. She continues playing, but you notice that she is not acting right. You call a time-out to talk to her. She says she is fine and wants to keep playing. Do you:					
a. Require her to take a break before she returns to the game?					
b. Allow her to finish the quarter since the game is almost over?					
c. Require her to sit out for the rest of the day?					
d. Immediately rush her to a hospital or emergency room?					

22. When should you talk to an athlete's parents about the possible concussion she or he may have had?

- a. The evening of the event.
- b. The following day.
- c. Right away—before allowing him to go home.**
- d. Before the next game/match/event.

23. Consider the following scenario: One of your athletes went to the emergency department to get checked for a concussion after yesterday's practice. When he arrives at practice today, do you:

- a. Let him warm up with the team to see how he feels?
- b. Let him participate in the entire practice since he says he feels fine?
- c. Tell him you need a note from his health care provider before he can participate in practice?**
- d. Tell him to take a break from practice today, and to come back tomorrow to play?

24. Most athletes with a concussion feel better:

- a. The next day
- b. Within a couple of weeks**
- c. Within 1 to 2 months
- d. After 3 months or longer

25. What percentage of athletes do researchers think try to hide their concussion symptoms from their coach?

- a. Less than 20%
- b. Between 30% to 40%
- c. Between 60% to 70%**
- d. More than 80%