

Note: This is an online Appendix 1 of Manaseer, T., Al-Hassan, S.M. & Taifour, A.M., 2024, 'The knowledge and attitude concerning sport-related concussion among coaches: A survey study', *South African Journal of Physiotherapy* 80(1), a1955. <https://doi.org/10.4102/sajp.v80i1.1955>

Youth – Coach

SECTION 1

1. I am a (select each option that best describes you)
 - A. Coach
 - B. Sports Official
 - C. Athletic Trainer
 - D. Parent
 - E. Other

2. Please enter the zip code for the location where your athlete(s) or team most often practices or plays:

3. What sport(s) is your athlete(s) involved with? (Select all that apply)
 - A. Baseball
 - B. Boxing
 - C. Cheerleading
 - D. Cycling
 - E. Softball
 - F. Equestrian
 - G. Football
 - H. Ice Hockey
 - I. Field Hockey
 - J. Snowboarding or Skiing
 - K. Soccer
 - L. Basketball
 - M. Lacrosse
 - N. Martial Arts
 - O. Wrestling
 - P. Diving
 - Q. Gymnastics
 - R. Rugby
 - S. Tennis
 - T. Volleyball
 - U. Ice or Figure Skating
 - V. Track and Field
 - W. N/A
 - X. Other

4. What ages do you work with? (check all that apply)
 - A. 5 and younger 5
 - B. 6 to 10
 - C. 11 to13.
 - D. 14 to 18
 - E. N/A

5. Do you work with boys, girls, or both?
 - A. Boys
 - B. Girls
 - C. Both
 - D. N/A

6. What best describes the level of play of the team(s) you coach:
 - A. My athletes are beginners. They are still learning the basic skills of the sport.

- B. My athletes have experience with the sport, but are still working on skill development.
 - C. My athletes have a lot of experience playing their sport and have mastered many of the skills. Examples include travel teams and varsity and junior varsity teams.
 - D. I coach athletes from a variety of levels of sport.
7. Have you ever had to pull an athlete out of practice, competition, or play because of a possible concussion?
- A. True
 - B. False
8. In the last 12 months, have you had to pull an athlete out of practice, competition, or play because of a possible concussion?
- Please only answer this question if you answered YES to the previous question.
- A. Yes
 - B. No
 - C. N/A. (I answered NO to the previous question)
9. Has a medical provider ever diagnosed an athlete you were coaching with a concussion?
- A. Yes
 - B. No
 - C. Unsure
10. How often do you have an athletic trainer or other healthcare provider at practices or games?
- A. 5 (Never)
 - B. 4
 - C. 3
 - D. 2
 - E. 1 (Always)
11. My athletes' parents are invested in the outcome of games or competitions.
- A. 5 (Strongly Disagree)
 - B. 4
 - C. 3
 - D. 2
 - E. 1 (Strongly Agree)
12. My sports program or school is concerned about concussion safety.
- A. 5 (Strongly Disagree)
 - B. 4
 - C. 3
 - D. 2
 - E. 1 (Strongly Agree)
13. Prior to taking the training today, had you completed training on concussion?
- A. Yes, I have taken one training on concussion.
 - B. Yes, I have taken more than one training on concussion.
 - C. No, I haven't taken any trainings on concussion

SECTION 2

14. Concussions:
- A. Only occur if there is a hit to the head.
 - B. Often cause a person to pass out or lose consciousness.
 - C. Are noticeable right away after a hit to the head.
 - D. Happen most often in sports as a result of a collision between athletes.
15. Which one of the answers below is a common symptom of concussion:
- A. Headache
 - B. Night sweats
 - C. Numbness
 - D. Shooting pains
16. Most athletes with a concussion no longer have symptoms from the injury:
- A. The next day
 - B. Within a couple of weeks
 - C. Within 1 to 2 months
 - D. After 3 months
17. Following a concussion:
- A. An athlete won't have any problems getting back to school.
 - B. An athlete may feel frustrated, sad, angry, or lonely.
 - C. Athletes have a lower chance of getting another one.
 - D. An athlete should be required to sleep all day in a dark room right after their injury.
18. Subconcussive head impacts:
- A. Cause symptoms just like a concussion.
 - B. Always result in long-term health problems.
 - C. Can be reduced by limiting collisions on the sports field.
 - D. Are only a concern for professional and college athletes.
19. Consider the following scenario: It is the last quarter of the championship game. 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. What should happen next?
- 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.
20. Consider the following scenario: One of your athletes has been working on his return to play progression over the last 3 weeks. During practice today, you have him work on step 3 of the progression. However, you notice that he starts to look a little off. What should happen next?
- A. Let him continue practice as he hasn't reported any symptoms.
 - B. Have him take a break and let him know that at the next practice (in 3 days) he should go back to step 2 as long as he feels ok.
 - C. Send him home and let him know that he should restart the progression at step 1 once he feels better.
 - D. Sit him out of practice and make sure he rests for 10 to 14 days.

21. Consider the following scenario: After running into another athlete and hitting her head, you notice that one of your athletes looks dazed. You ask the sports official to pause the competition so you can talk to her. She says she feels sick to her stomach, and then blacks out (loses consciousness). What should happen next?
- A. Ask a teammate to help carry her into the gym so she can take a nap and cool off.
 - B. Give her some ice and have someone walk her around to help wake her up.
 - C. Require her to stay out of play the rest of the day.
 - D. Immediately rush her to a hospital or emergency room.
22. Consider the following scenario: The team captain is out with a concussion she got 4 days ago. She is at school half days this week as part of her recovery. However, she wants to attend practice today to help support her teammates. What should happen next?
- A. Tell her it is better for her to rest at home. After a concussion, she shouldn't do any activities until all her symptoms are gone.
 - B. Let her attend practice to cheer on her teammates. However, also let her know she can't return to sports participation until she is back to her other regular activities (such as school).
 - C. Allow her run a few laps with her team so she doesn't feel left out. However, let her know she can't do the full practice until she feels better.
 - D. Advise her to stay at home, but give her some exercises or drills to do at home to help her keep in shape for the season.
23. Consider the following scenario: The sports program director asked you to put together a concussion safety plan for your team. As part of that, you need to educate your athletes about concussion. What is the best approach?
- A. Set time aside before games and practices to encourage athletes to tell you about a possible concussion.
 - B. Teach ways athletes can lower the chance for concussion.
 - C. Post information about concussion in locker rooms or other places where your athletes practice and compete.
 - D. All of the above.

SECTION 3.

24. There are things I can do to help lower the chance for concussion among my athletes.
- A. 5 (Strongly Disagree)
 - B. 4
 - C. 3
 - D. 2
 - E. 1 (Strongly Agree)
25. Removing an athlete from play with a possible concussion is best for their recovery.
- A. 5 (Strongly Disagree)
 - B. 4
 - C. 3
 - D. 2
 - E. 1 (Strongly Agree)
26. Concussions are less serious than other injuries.
- A. 5 (Strongly Disagree)
 - B. 4
 - C. 3
 - D. 2
 - E. 1 (Strongly Agree)
27. A concussion can lead to long-term health problems.
- A. 5 (Strongly Disagree)
 - B. 4
 - C. 3
 - D. 2
 - E. 1 (Strongly Agree)
28. My athletes want to hear from me about concussion safety.
- A. 5 (Strongly Disagree)
 - B. 4
 - C. 3
 - D. 2
 - E. 1 (Strongly Agree)
29. My role in concussion safety is clear.
- A. 5 (Strongly Disagree)
 - B. 4
 - C. 3
 - D. 2
 - E. 1 (Strongly Agree)
30. I am confident in my ability to spot concussion symptoms among my athletes.
- A. 5 (Strongly Disagree)
 - B. 4
 - C. 3
 - D. 2
 - E. 1 (Strongly Agree)
31. I am confident in my ability to help an athlete with the return to sports process.
- A. 5 (Strongly Disagree)
 - B. 4
 - C. 3
 - D. 2

E. 1 (Strongly Agree)