

# PRE-SEASON CONCUSSION EDUCATION TEAM MEETING GUIDE

Although concussions have received increased attention and focus in recent years, it is imperative that the importance of concussion education and awareness is recognized. Ensuring that the proper concussion prevention and management occurs, largely depends on the annual education of all current and future stakeholders (players, parents/caregivers, coaches, officials, trainers and integrated support staff). This guide should be used by coaches to plan, schedule and execute their club's Pre-Season Concussion Education Team Meeting (PSCETM).



## WHO

Individuals who should attend the PSCETM are:

- Players
- Coaches
- Parents/Caregivers of the player(s)
- Team managers

*\*Note: These meetings can be specific to each team, age group or the club as a whole.*



## WHAT

The information that should be covered during the PSCETM is:

- The definition of concussion
- The possible mechanisms of injury (general and water polo specific)
- Common signs and symptoms
- Steps to prevent concussions and other injuries from occurring in sport
- What to do when a player has suffered a suspected concussion or more serious head injury
- What measures should be taken to ensure proper medical assessment
- Return-to-School/Work and Return-to-Sport strategies
- Return-to-Sport medical clearance requirements



## WHEN

The PSCETM should be scheduled prior to the start of the season at a time that is convenient for its attendees (e.g. at the start of the season's first practice).

*\*Note: These PSCETMs should occur annually regardless of whether the coach or athletes on the team remain the same.*



## WHERE

The PSCETM can be completed in a variety of venues including on pool deck, a rented classroom, in a park/sport field, or in a virtual meeting online.



## HOW

The WPC Concussion Education Toolkit is a turn-key guide for clubs and club coaches and includes vital concussion education information. Before coaches begin hosting these meetings, clubs should decide whether they will require their players, parents and coaches to sign a Concussion Code of Conduct (located at the conclusion of the [Pre-Season Concussion Education Fact Sheet](#)). It is imperative that all meeting attendees understand the information that was discussed and are aware that more information is available on [WPC's website](#).