**WRU Coaches Study Questionnaire**

This questionnaire has been designed at Cardiff Metropolitan University, in collaboration with the medical staff at the WRU and should take less than 5 minutes to complete. It has been designed to collect data about the understanding of concussion within Rugby Union. It aims to collate the concussion experience and knowledge amongst all involved in the game, and we will use the results to guide future education to improve Rugby Union player welfare. All data will be analysed and interpreted confidentially and may be retained indefinitely. No identifiable data will be used in any publicly available material so data will not be traceable back to you. We ask for your home postcode in the questionnaire to allow us to map your responses against the type of area you live in and to identify whether certain areas need different amounts or types of education. This will not be used to track you individually, and demographic information about your area will be obtained from the Public Health Wales Observatory. The data is intended for use within Cardiff Metropolitan University and the WRU to guide further education, but some may be used in scientific literature for publication. Please be aware that you are in no way obliged to complete this questionnaire and may withdraw prior to submitting your responses.

PLEASE NOTE; This study does not provide any diagnostic information. If you have ANY concerns regarding concussion, or your health generally, you should contact a medical professional such as your GP in the normal way.   Thank you in advance for taking time to complete this survey.

* I have read and understood this information

I give my consent for the data collected from this questionnaire to be used confidentially for research, statistical and analysis purposes by Cardiff Metropolitan University and the WRU. I also acknowledge that this information will remain confidential at all times and that reference to individuals shall not be made in any report or published material.   In addition, I understand that my participation is purely voluntary and that I may withdraw at any time before submission of the questionnaire without giving a reason.

* I have read the above statement and give my consent to participate in the study
* I do not give my consent to participate in the study

(If “I do not give my consent to participate in the study” is selected):

By selecting this option, you will not be able to continue with the survey. By clicking agree, you are agreeing to withdraw from the study. If you want to continue with the questionnaire please press back to return to the previous screen.

* Agree

**\* Denotes a non-required field**

What is the name of your Rugby Union club?

What is your home postcode?\*

What is your gender?

* Male
* Female

What is your age in years?

Over the last 12 months what level of Rugby Union have you been coaching? (Click all of the relevant answers)

* International
* Adult Professional
* International Age Grade
* Adult Club (19 years & over) (Please state league) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Youth Club (18 years & under) (Please state age-group) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is your coaching role?

* Director of Rugby/Head Coach
* Assistant Coach
* Forwards Coach
* Backs Coach
* Kicking Coach
* Other (Please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Have you ever played Rugby Union?

* Yes
* No

Answer If Have you ever played rugby union? Yes Is Selected

For how many years have you played Rugby Union?

Answer If Have you ever played rugby union? Yes Is Selected

What is the highest level of Rugby Union that you have ever played?

* International
* Adult Professional
* International Age Grade
* Adult Club (19 years & over)
* Youth Club (18 years & under)

Answer If Have you ever played rugby union? Yes Is Selected

What is/was your main Rugby Union playing position?

* Front Row
* Second Row
* Back Row
* Scrum-Half
* Fly-Half
* Centre
* Wing
* Full Back

Have you ever heard of the term concussion?

* Yes
* No

If Yes Is Selected, Then Skip To “Which of the following are common signs or symptoms of concussion”

Answer If Have you ever heard of the term concussion? No Is Selected

Which of the following could provide you with information about recognising and managing concussion? (Click all of the relevant answers)

* Online search
* World Rugby (formerly IRB) Website
* WRU Website
* Rugby Magazine
* Team Medic/Physiotherapist
* Coach
* Training Course
* Other players
* Local GP
* Hard copy educational handouts
* Free Smartphone App (please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Other (please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* None of the above

Answer If Have you ever heard of the term concussion? No Is Selected

In the future which of these would be your preferred source/s of information about recognising and managing concussion? (Click all of the relevant answers)

* Online search
* World Rugby (formerly IRB) Website
* WRU Website
* Rugby Magazine
* Team Medic/Physiotherapist
* Coach
* Training Course
* Other players
* Local GP
* Hard copy educational handouts
* Free Smartphone App (please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Other (please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which of the following are common signs or symptoms of concussion?

|  |  |  |
| --- | --- | --- |
|  | Yes | No |
| Arm Pain  |  |  |
| Bleeding Gums  |  |  |
| Chest Pain  |  |  |
| Confusion  |  |  |
| Cut to the face  |  |  |
| Difficulty Concentrating  |  |  |
| Dizziness  |  |  |
| Drowsiness |  |  |
| Ear Discharge |  |  |
| Feeling or Being Sick  |  |  |
| ‘Feeling in a Fog’  |  |  |
| Headache  |  |  |
| Hot / Cold flushes |  |  |
| Knocked Out  |  |  |
| Losing Teeth |  |  |
| Memory Loss  |  |  |
| Neck Pain  |  |  |
| Nosebleed |  |  |
| Stomach Cramps |  |  |
| Unsteady on legs |  |  |

Do you have to be ‘knocked out’ to be concussed?

* Yes
* No

Answer If Have you ever played rugby union? Yes Is Selected

Have you ever been 'knocked out' whilst playing Rugby Union?

* Yes
* No

Answer If Have you ever played rugby union? Yes Is Selected

Have you ever been concussed whilst playing Rugby Union?

* Yes
* No

Answer If Have you ever been concussed? Yes Is Selected

How many times have you been concussed?

* 1-2
* 3-5
* 6-10
* 10+

Answer If Have you ever been concussed? Yes Is Selected

Did you seek medical advice after being concussed?

* Yes
* No

Answer If Have you ever been concussed? Yes Is Selected And Did you seek medical advice after being concussed?  Yes Is Selected

How many times did you seek medical advice after being concussed?

* All
* 1 – 2
* 3 – 5
* 6 – 10
* 10+

Answer If Have you ever been concussed? Yes Is Selected And Did you seek medical advice after being concussed?  Yes Is Selected

Who did you go to for medical advice about your concussion? (Click all of the relevant answers)

* Team Coach/Manager
* Match Referee
* Physiotherapist
* Team Doctor
* GP
* A&E
* Hospital Doctor
* Other (please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Should a player who has been knocked out be allowed to remain on the field of play if they feel fine and have no signs of concussion?

* Yes
* No
* Don't Know

Should a player who has shown signs of concussion be allowed to remain on the field of play if they report feeling fine?

* Yes
* No
* Don't Know

Are you aware of any official guidelines regarding returning to play following a concussion?

* Yes (Please name the guidelines that you are familiar with) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* No

At any time, which of the following do you think would slow a player’s recovery from a concussion? (Click all of the relevant answers)

* Poor night’s sleep
* Drinking any alcohol
* Taking paracetamol
* Drinking excessive alcohol
* Putting ice on your head
* Wearing a headguard
* Doing maths the same day
* Going to the gym the next day
* Computer games the same day
* Going swimming the same day
* None of the above

What is the minimum time an adult (19 years & over) player should have off strenuous exercising once all symptoms of concussion have resolved?

* No Time
* 24 hours
* 48 hours
* 5 days
* 1 week
* 10 days
* 2 weeks
* 3 weeks
* Don't know

Which of the following is the next step for an adult (19 years & over) player experiencing symptoms such as headache, dizziness, or tiredness at any stage during the graduated Return To Play protocol?

* Rest 1 week and be reassessed
* Rest 2 days and be reassessed
* Rest 2 days and return to previous stage of the Return to Play protocol once symptom free
* Rest 24 hours and be reassessed
* Rest 24 hours and return to previous stage of the Return to Play protocol once symptom free
* Proceed to the next stage of the Return to Play protocol
* Don’t know

What is the minimum time an adult (19 years & over) player should have off full contact matches once all symptoms of concussion have resolved?

* No Time
* 24 hours
* 48 hours
* 5 days
* 1 week
* 10 days
* 2 weeks
* 19 days
* 3 weeks
* 23 days
* Don’t Know

What is the minimum time an under 19 player should have off strenuous exercising once all symptoms of concussion have resolved?

* No Time
* 24 hours
* 48 hours
* 5 days
* 1 week
* 10 days
* 2 weeks
* 3 weeks
* Don’t Know

Which of the following is the next step for an under 19 player experiencing symptoms such as headache, dizziness, or tiredness at any stage during the graduated Return to Play protocol?

* Rest 1 week and be reassessed
* Rest 2 days and be reassessed
* Rest 2 days and return to previous stage of the Return to Play protocol once symptom free
* Rest 24 hours and be reassessed
* Rest 24 hours and return to previous stage of the Return to Play protocol once symptom free
* Proceed to the next stage of the Return to Play protocol
* Don’t know

What is the minimum time an under 19 player should have off full contact matches once all symptoms of concussion have resolved?

* No Time
* 24 hours
* 48 hours
* 5 days
* 1 week
* 10 days
* 2 weeks
* 19 days
* 3 weeks
* 23 days
* Don’t Know

How many times have you seen a player of your team concussed?

* 0-10
* 11-20
* 21-40
* 40+

What would you do if you thought one of your players was concussed? (Choose one response)

* Remove immediately
* Look again in 5 minutes to see if they have run it off
* Give them a headguard
* Nothing, it’s the player’s responsibility to tell me
* Rely on the medical team to make the right decision

What would you do if a player was showing signs of concussion but insisted they were fine to play on? (Choose one response)

* Allow them to play on, it’s the player’s decision
* Try to persuade them to come off but if they refuse allow them to continue
* Allow them to play for another 5 minutes to see if they run it off
* Consult the referee
* Insist they leave the pitch
* If present, rely on the match medical team to make the right decision

Have you ever allowed a player to continue that you thought was concussed?

* Yes
* No
* Prefer not to answer

Have you ever pressured a player into playing with signs of a concussion?

* Yes
* No
* Prefer not to answer

Have you ever seen other coaching staff allowing a player to continue that you thought was concussed?

* Yes
* No
* Prefer not to answer

At what times do players have access to medical staff (Doctor/Physiotherapist/Sports Therapist/First Aider) at your club?

* Always during training sessions and matches
* Only on match days
* Some matches
* Never

Have you ever been asked to provide concussion advice?

* Yes
* No

Which of these are potential risks of returning to play when concussed? (Click all of the relevant answers)

* Second Impact Syndrome
* Slower Recovery
* Subdural haematoma
* Injuries to other parts of the body
* More serious brain injury
* Reduced performance
* There are no potential risks

Which of these do you think are potential long-term consequences of repeated concussion? (Click all of the relevant answers)

* Early onset dementia
* Hair Loss
* Chronic Traumatic Encephalopathy (CTE)
* Cataracts
* Early onset Parkinson’s disease
* Reduced brain function
* Cerebral Palsy
* There are no potential long-term consequences

Which of these types of protective equipment could help prevent concussion? (Click all of the relevant answers)

* Headguard
* Shoulder pads
* Mouthguard
* None of the above

Have you ever had any education regarding concussion?

* Yes
* No

Answer If Have you ever had any education regarding concussion? Yes Is Selected

Through which of the following mediums have you received education about concussion? (Click all of the relevant answers)

* Online training
* Group training
* Team Medic/Physiotherapist
* First Aid Course
* Other (please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which of the following could provide you with information about recognising and managing concussion? (Click all of the relevant answers)

* Online search
* World Rugby (formerly IRB) Website
* WRU Website
* Rugby Magazine
* Team Medic/Physiotherapist
* Coach
* Training Course
* Other players
* Local GP
* Hard copy educational handouts
* Free Smartphone App (please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Other (please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* None of the above

In the future which of these would be your preferred source/s of information about recognising and managing concussion? (Click all of the relevant answers)

* Online search
* World Rugby (formerly IRB) Website
* WRU Website
* Rugby Magazine
* Team Medic/Physiotherapist
* Coach
* Training Course
* Other players
* Local GP
* Hard copy educational handouts
* Free Smartphone App (please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Other (please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_