

Why your team needs Team Up Speak Up

Team Up Speak Up teaches athletes to take part in concussion intervention through a speech from a team leader at the start of the season. The goal of this program is to improve concussion reporting in order to prevent the worst outcomes of concussions. The latest research tells us Team Up Speak Up is necessary and effective. Here's why.

1. Immediate removal from play is crucial



In a **University of Florida** study of 506 NCAA athletes, those who stopped playing immediately after a concussion missed **three fewer days** of competition than those who continued playing with their concussion. Immediate removal from play also decreased the likelihood that an athlete would miss more than two weeks of the season by **39%**.

2. Team leaders affect concussion reporting outcomes



When athletes know their coach wants them to report concussions, they do it, according to a **study from University of North Carolina Greensboro**. If an athlete doesn't know what will happen when they report a concussion, they are less likely to report it in themselves or a teammate. Clear, specific instruction helps to eliminate hesitation in concussion reporting.

3. Self-reporting concussions is not reliable



Researchers at **Arizona State University** surveyed **600 DI NCAA athletes** and found that even those who were well educated on concussion still struggled to self-report. Why? Athletes may struggle to recognize their own concussion because their brain is injured. Or, if they do recognize the injury, they feel social pressure to hide it. To be effective, concussion reporting cannot just rely on the injured athlete - it must be a full team effort!

TEAM UP
SPEAK UP
TO FIGHT CONCUSSIONS