

# CONCUSSION AND PROTECTIVE HEADGEAR IN SAILING

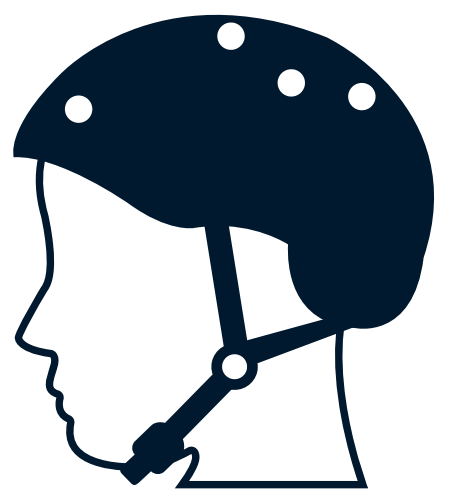
Concussion awareness and the use of protective headgear in non-contact sports like sailing remain poorly understood. To explore sailors' knowledge, perceptions, and behaviours related to concussion and headgear use, an anonymous online survey was distributed to people aged 12 years and older involved in sailing in New Zealand and 168 responses were analysed.

## EXPERIENCE OF CONCUSSION IN SAILING



- 21%** reported a sailing-related concussion
- 2%** reported multiple concussions
- 7%** reported having experienced a concussion but not reporting it
  - Most participants were involved in trailer-able or keelboat racing
  - Most participants were sailing at least once per week (over summer) and had been involved in sailing for 20+ years

## CONCUSSION AND USE OF PROTECTIVE HEADGEAR

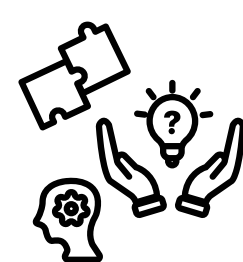


- 32%** reported wearing a helmet during sailing
- 54%** reported that they hardly ever used protective headgear
- 85%** were aware that impact-protection headgear, such as a helmet, cannot fully prevent the occurrence of a concussion

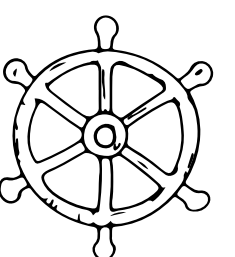
## CONCUSSION KNOWLEDGE AND AWARENESS



- 43%** reported feeling that they had a good or excellent understanding of concussion
- 20%** were unsure when to return to sport after a concussion



## CONCLUSIONS



The results highlight that concussion is a relevant risk in sailing and that there is a need for improved concussion education, clearer safety guidelines, and proactive promotion of protective headgear use within sailing.

