

Concussion in Sport

Always Assess Airway, Breathing and Circulation

**All players who experience a concussion must be seen by a physician as soon as possible.
A concussion is a brain injury.**

A Concussion may involve loss of consciousness. However, a concussion **most** often occurs without a loss of consciousness.

Mechanism: Blow to the head, face or jaw, or even elsewhere on the body. May also result from a whiplash effect to the head and neck.

Common Symptoms and Signs

*** Symptoms and signs may have a delayed onset (may be worse later that day or even the next morning), so players should continue to be observed even after the initial symptoms and signs have returned to normal.**

Symptoms	Signs
Headache	Poor balance or coordination
Dizziness	Slow or slurred speech
Feeling dazed	Poor concentration
Seeing stars	Delayed responses to questions
Sensitivity to light	Vacant stare
Ringing in ears	Decreased playing ability
Tiredness	Unusual emotions, personality change, and inappropriate behaviour
Nausea, vomiting	
Irritability	
Confusion, disorientation	

Caution: All players should consult a physician after a concussion. Coaches, trainers, players and parents should not attempt to treat a concussion without a physician's involvement.

Initial response

*** If there is loss of consciousness – Initiate Emergency Action Plan and Call an Ambulance.
Assume possible neck injury.**

Concussion:

- Remove the player from the current game or practice
- Do not leave the player alone; monitor signs and symptoms
- Do not administer medication
- Inform the coach, parent or guardian about the injury
- The player should be evaluated by a medical doctor
- The player must not return to play in that game or practice.

Members of the College of Family Physicians of Canada may claim Mainpro-M2 credits for this unaccredited educational program

ThinkFirst-SportSmart Concussion Education and Awareness Program

Return to Play Steps

The return to play process is gradual, and begins after a doctor has given the player clearance to return to activity. If any symptoms/signs return during this process, the player must be re-evaluated by a physician. No return to play if any symptoms or signs persist. Remember, symptoms may return later that day or the next, not necessarily when exercising!

- Step 1. No activity, only complete rest. Proceed to step 2 only when symptoms are gone.
- Step 2. Light aerobic exercise, such as walking or stationary cycling. Monitor for symptoms and signs. No resistance training or weight lifting.
- Step 3. Sport specific activities and training (e.g. skating).
- Step 4. Drills without body contact. May add light resistance training and progress to heavier weights.

The time needed to progress from non-contact to contact exercise will vary with the severity of the concussion and the player. Go to **step 5** after medical clearance.

Step 5. Begin drills with body contact.

Step 6. Game play.

Note: Players should proceed through return to play steps only when they do not experience symptoms or signs and a physician has given clearance. If symptoms or signs return, the player should return to the previous step, and be **re-evaluated by a physician**.

Never return to play if symptoms persist!

Prevention Tips

Players	Coach/Trainer/Referee
<ul style="list-style-type: none"> • Make sure your helmet fits snugly and that the strap is fastened • Get a custom fitted mouth guard • Respect other players • No hits to the head • No hits from behind 	<ul style="list-style-type: none"> • Eliminate all checks to the head • Eliminate all hits from behind • Recognize signs and symptoms of concussion • Inform and educate players about the risks of concussion

Education Tips

Smart Hockey: More Safety, More Fun! Injury Prevention Program

ThinkFirst Canada website (www.thinkfirst.ca)

Pashby Sport Safety Concussion website (www.drpushby.ca)

www.concussionsafety.com



Members of the College of Family Physicians of Canada may claim Mainpro-M2 credits for this unaccredited educational program