

CONCUSSION GUIDELINES



A concussion is a functional brain injury. **Most occur without loss of consciousness.**

All concussions are serious. They are caused by the brain being jarred or shaken when a forceful blow connects with the head, face, neck or body.

Early recognition and proper response can help aid recovery, prevent further injury, or even death. If the brain does not have enough time to rest and recuperate the repercussions can be life-long.

WHEN YOU SEE ANY OF THESE WARNING SIGNS...

Physical

- Headache
- Dizziness
- Nausea
- Feeling 'dinged' or 'stunned'
- Ringing in the ears
- Poor balance, feeling unsteady
- Double or blurred vision
- "Not feeling right"
- Vomiting

Cognitive

- Confusion
- Amnesia
- Disorientation
- Poor concentration
- Memory disturbance
- Foggy brain
- Unaware of where they are, what happened
- Sensitivity to light
- Fatigue

Emotional

- Moodiness
- Depression
- Inappropriate anger, crying or laughter

TAKE ACTION

- Immediately remove the player from play.
- Do not allow him/her to return to the activity
- Do not leave the player along
- Symptoms must be monitored
- Do Not administer medications
- Take the athlete for medical evaluation

RED-FLAGGED SYMPTOMS DEMAND IMMEDIATE MEDICAL ATTENTION

- ▼ Unconscious or deteriorating consciousness
- ▼ Seeing stars or flashes
- ▼ Severe neck pain
- ▼ Seizures
- ▼ Doesn't recognize people or places

- ▼ Increasing confusion or irritability
- ▼ Increasing drowsiness
- ▼ Worsening headaches
- ▼ Weakness/numbness in limbs

- ▼ Repeated vomiting
- ▼ Slurred speech
- ▼ Other focal neurological signs
- ▼ Unusual behaviour

CONCUSSION MANAGEMENT

- **Rest is essential.** Depending on the severity of the symptoms physical activity will be modified to light daily activities or completely restricted.
- **Suspend all daily activities** that require mental concentration - school, work, reading, texting, watching television, computer work and electronic games - until symptoms abate.
- **Physical and mental exertion can escalate** the severity and duration of the symptoms.
- **Symptoms often worsen** during the first 24 to 36 hours and typically last for 7-10 days.
- Depending on the severity of the concussion or if the athlete has experienced previous concussions, the concussion may take weeks or months to heal.
- **DO NOT IGNORE recurring or new symptoms.** These are the brains way of telling you that is not sufficiently healed. **It is imperative** that the injured person stop their activities and take more time to rest and recover.
- **Once the symptoms have reduced significantly** activities may be introduced gradually following the Return-to-Play Protocol.