CONCUSSION MANAGEMENT

Guidelines for Recreational, Amateur, Elite & Professional Players of ALL AGES

You **DO NOT** have to lose consciousness to have a concussion. Symptoms are often subtle.

NEVER return to play while symptomatic Follow the step-wise system on the back of this card for return to play.

Wear **PROPER** protective equipment.

WHEN IN DOUBT SIT THEM OUT!

CONCUSSION IS A BRAIN INJURY

A concussion may be caused by a direct blow to the head, face, neck or anywhere else on the body that causes a severe and sudden movement to the head.

A concussion alters the way your brain functions and can cause significant impairment.

Concussions can cause various symptoms.

Symptoms may include:

- Confusion
- Headache
- Dizziness
- Nausea
- Loss of Balance
- Double Vision
- Ringing in the Ears
- Slurred Speech
- Emotional or Personality Changes
- Feeling Stunned or Dazed
- Loss of Consciousness

ANYONE DISPLAYING SYMPTOMS OF A CONCUSSION SHOULD SEEK MEDICAL ATTENTION IMMEDIATELY

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CANADA

CONCUSSION MANAGEMENT

MANAGEMENT & REHABILITATION

An athlete should never return to play while symptomatic

When in Doubt, Sit Them Out!

When a player shows **ANY SYMPTOMS** or **SIGNS** of concussion:

1 The player **should not** be allowed to return to play in the current game or practice.

2 The player **should not** be left alone: regular monitoring for deterioration is essential.

3 The player **should** be medically evaluated following the injury.

4 Return to play **must** follow a medically supervised step-wise process.

WHEN TO RETURN TO PLAY

STEP 1 Rest until asymptomatic (physical and mental rest).

STEP 2 Light aerobic exercise such as walking or stationary cycling.

STEP 3 Sport-specific training (e.g. skating in hockey, running in soccer, football).

STEP 4 Non-contact training drills Start light resistance training.

STEP 5 Full-contact training after medical clearance.

STEP 6 Game Play (return to competition).

It is generally recommended that there should be at least one day between steps, and that any return of symptoms means the player should not go to the next step.

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CANADA
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