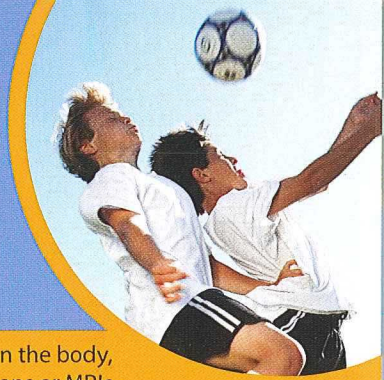


# CONCUSSION?

## NOT OK? Don't play.



A concussion is a brain injury caused by any blow to the head, face, or neck, or somewhere else on the body, which results in a sudden jarring of the head. A concussion can't be seen on routine X-rays, CT scans or MRIs.

### Look for one or more of these Signs and Symptoms:

Physical	Emotional/ Behavioural Changes	Cognitive Impairment	Sleep Disturbance
<ul style="list-style-type: none"> <li>- Headache</li> <li>- Nausea</li> <li>- Dizziness</li> <li>- Visual disturbances</li> <li>- Light sensitivity</li> <li>- Noise sensitivity</li> <li>- Loss of consciousness</li> <li>- Memory loss</li> <li>- Vomiting</li> <li>- Loss of balance/poor coordination</li> <li>- Seizure or convulsion</li> </ul>	<ul style="list-style-type: none"> <li>- Irritability</li> <li>- Personality changes</li> <li>- Strange or inappropriate emotions</li> <li>- Sadness</li> <li>- Anxiety</li> <li>- Depression</li> </ul>	<ul style="list-style-type: none"> <li>- Slow reaction times</li> <li>- Difficulty concentrating</li> <li>- Difficulty remembering</li> <li>- Confusion</li> <li>- Feeling in a fog</li> <li>- Feeling dazed</li> </ul>	<ul style="list-style-type: none"> <li>- Drowsiness</li> <li>- Trouble falling asleep</li> <li>- Sleeping more than usual</li> <li>- Sleeping less than usual</li> </ul>

**You do not need to be knocked out (lose consciousness) to have a concussion. Signs and symptoms could be immediate or may be delayed and not show for a period of time, perhaps days or even weeks.**

### Concussion Management

#### Loss of Consciousness:

- Suspect a possible neck injury
- Call 911
- Do NOT move the individual or remove athletic equipment (i.e. helmet)
- Wait for paramedics (EMS) to arrive

#### No Loss of Consciousness:

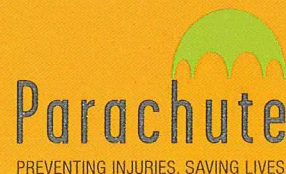
- Remove the individual from activity/practice/game
- The individual must not return to activity/practice/game that day
- Do not leave the individual alone
- Monitor for signs and symptoms of a concussion
- Do not administer medication
- The individual needs to be evaluated by a doctor as soon as possible

#### Considerations for Athlete and/or Parent/Guardian:

- Inform them that a concussion is suspected
- Advise that anyone who is suspected of having a concussion should be seen by a doctor as soon as possible
- Emphasize the importance of continuing to monitor the concussion signs and symptoms and if worsen, have individual reassessed
- For more information and resources, visit:
  - [york.ca/injuryprevention](http://york.ca/injuryprevention)
  - [www.parachutecanada.org](http://www.parachutecanada.org) and click on thinkfirst
- Return to physical activity should only occur after written medical clearance is provided by a doctor



For more information,  
visit: [www.york.ca/injuryprevention](http://www.york.ca/injuryprevention) or  
[www.parachutecanada.org](http://www.parachutecanada.org) and click on thinkfirst





## Recovering from a Concussion

- The signs and symptoms of a concussion often last for 7 to 10 days or may last longer, even weeks or months. If the individual has had a concussion before, it may take longer to heal.
- The most important treatment for a concussion is both **physical** and **mental rest**. That means no exercising, bike riding, playing video games, reading or working on the computer.
- If the individual goes back to activities before they are completely better, their symptoms could get worse or take longer to go away.
- The individual may have to stay home from school or work because regular activities could make their symptoms worse.

## Return to Play Guidelines\*

It is very important that the player does not go back to activity if experiencing any concussion signs and symptoms. After they have been seen by a doctor and feel completely better, the individual can then go through these steps to gradually increase activity:

- Step 1** No activity **and** complete rest. Once concussion symptoms are gone **and** a doctor has approved a return to activities, go to Step 2
- Step 2** Light exercise, such as walking or stationary cycling (for 10 to 15 minutes).
- Step 3** Sport-specific aerobic activity (e.g. skating in hockey, running in soccer, for 20-30 minutes) with **no body contact**
- Step 4** "On field" practice such as ball drills, shooting drills and other activities **without body contact**. This practice **must not** include: checking, heading the ball, and other body contact.
- Step 5** "On field" practice with body contact, once cleared by a doctor.
- Step 6** Return to game play

- Each step must take a minimum of one day
- If you have any symptoms of a concussion (i.e. headache, nausea) that come back either with activity, or later that day, stop the activity immediately, for a minimum of 24 hours and return to **Step 1** to restart the steps again
- See a doctor if symptoms worsen
- The player should not go back to sport until he/she has been cleared to do so by a doctor
- A second concussion while the brain is still healing can be very dangerous. There is a risk of brain damage and in rare cases, death

\*Based on the Zurich Guidelines outlined in the Consensus Statement on Concussion in Sport

***Each person's experience with concussion is unique and concussions can also affect one's ability to return to school or work. Coaches, athletes, parents and doctors should work together to develop a plan to ensure the person recovers properly.***

## Concussion Prevention

- Create awareness and educate athletes on the effects of brain injury
- Ensure players use the right equipment for game, position or activity
- Be sure athletes and recreation participants wear certified/approved equipment that fits correctly
- Promote rules for safety and rules of sport
- Make sure activities are appropriate for the athlete's skill and comfort level
- Promote fair play and sportsmanship
- Keep a record of any concussions as repeated concussions can result in long-term consequences
- For help on tracking concussions and other sports-related injuries, download the **Play Safe** app or visit **playsafeinitiative.ca**

**NOT OK?**  
**Don't play.**

For more information, please contact York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit [www.york.ca](http://www.york.ca)