

How To Recognize A CONCUSSION

in children, adolescents
 & adults

If any of the signs and symptoms
 below are observed after a
 suspected injury, call 911

**BASED ON SKATE CANADA
 CONCUSSION RECOMMENDATIONS**



STEP 1 - RED FLAGS CALL AN AMBULANCE

- Any loss of consciousness or deteriorating state of consciousness
- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms and legs
- Worsening headache or pressure in the head
- Seizure or convulsion
- Any bleeding or fluid leaking from the ears, eyes or nose
- Vomiting
- Increasingly restless, agitated or combative

**IF THERE ARE NO REDS FLAGS, PROCEED
 TO STEP 2 FOR IDENTIFICATION OF A
 POSSIBLE CONCUSSION**



STEP 2 - SYMPTOMS & SIGNS OF A POSSIBLE CONCUSSION

SYMPTOMS:

- Headache or a feeling of pressure in the head
- Confusion or feeling as if in a fog
- Difficulty with memory recall or difficulty recalling the traumatic event
- Dizziness or disorientation
- Nausea/vomiting
- Delayed response to questions
- Appearing dazed/drowsy
- Fatigue
- Sensitivity to light and/or noise
- Blurred vision
- Feeling slowed down
- Poor focus/concentration and retention
- More emotional/irritable/anxious
- sleep disruption
- abnormal heart rate or excessive sweating

SIGNS:

- Lying motionless on the ice/ground, or slow to get up
- Inability to respond appropriately to questions
- Balance or coordination issues



STEP 3 - IF YOU SUSPECT A CONCUSSION

- DO NOT leave the individual unsupervised at the rink or at home
- DO NOT let the individual return to ice/activity
- DO NOT let the individual drive home
- The individual must be assessed by a Medical Doctor, Athletic Therapist, or other Licensed Health Practitioner
- The individual MUST receive medical clearance by a Licensed Health Practitioner in order to return to skate/train/coach

SKATERS, COACHES & PARENTS MUST NOT MAKE THE RETURN TO SKATE/TRAIN/COACH DECISION ON THEIR OWN, EVEN IF THE INDIVIDUAL'S SIGNS & SYMPTOMS RESOLVE

What is a concussion?

A concussion is a brain injury that causes changes in brain function. The mechanism of injury can involve **contact** (e.g. direct contact/collision with another skater, boards or ice, fall or hit to head during off-ice training) OR **non-contact** (e.g. an awkward landing from a jump, toe-pick catch on ice, whiplash off-ice training).

The individual should not be allowed to continue skating/training/coaching and should only be moved by trained health-care professionals.

This tool should be used for all skaters, coaches and other Club personnel.

Remember:

- 1 You do not have to lose consciousness to sustain a concussion.
- 2 In all cases the basic principles of first aid should be followed.
- 3 Assessment for a spinal cord injury is critical!
- 4 DO NOT move the individual unless trained to do so safely.
- 5 DO NOT remove a helmet or any other equipment unless trained to do so safely.



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