

CONCUSSION

SAFE SPORT



SKATECANADA

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 during off-ice training)

RED FLAGS - CALL 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

CONCUSSION SYMPTOMS AND SIGNS MAY INCLUDE:

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

SIGNS:

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

YOU DO NOT HAVE TO LOSE CONSCIOUSNESS TO SUSTAIN A CONCUSSION

THE KEY TO MANAGING A CONCUSSION IS TO **RECOGNIZE** THAT IT MAY HAVE OCCURRED, **REMOVE** THE SKATER FROM THE ICE SURFACE/GROUND AND **SEEK** MEDICAL ATTENTION

IF YOU SUSPECT A CONCUSSION:

IF ANY OF THE SYMPTOMS OR SIGNS LISTED ABOVE ARE OBSERVED AFTER A SUSPECTED INJURY, CALL 911 FOR URGENT MEDICAL ASSESSMENT

- DO NOT leave the individual unsupervised at the rink or at home
- DO NOT let the individual return to the ice/activity
- DO NOT let the individual drive home
- The individual must be assessed by a physician or nurse-practitioner with experience in concussion management, and may be referred to concussion-trained health care professionals for additional care (e.g. sport physiotherapists, athletic therapists, chiropractors)
- The individual must receive medical clearance by a physician or nurse-practitioner with experience in concussion management in order to return to skate/train/coach

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

For more information, please visit:

SKATECANADA.CA/SAFE-SPORT