

Initial response

If there is any loss of consciousness – Initiate Emergency Action Plan and call an ambulance. Assume possible neck/spinal injury.

- Stabilize the head and neck.
- Check **C** (Compressions), **A** (Airway), **B** (Breathing) and continue to monitor the CAB's if unconscious.
- Never give players aspirin, Tylenol or other medications.
- Notify a parent or guardian of any player with a concussion.

Concussion Management

- Remove the player from the current activity.
- Do not leave the player alone; monitor signs and symptoms.
- Do not administer medication.
- Inform the coach, parent or guardian about the injury.
- The player should be evaluated by a medical doctor. All players should consult a physician after a concussion. Coaches, trainers, players and parents should not attempt to treat a concussion without a physician's involvement.
- The player must not return to play in that game or practice and must have a physician's approval prior to return to play.

Note: If there is no loss of consciousness but the symptoms persist, become worse, or new symptoms appear, immediate medical attention is necessary.

Return to Play

The return to play process is gradual, and begins after a doctor has given the player clearance to return to **activity**.

If any symptoms/signs return during this process, the player must be re-evaluated by a physician. No return to play if any symptoms or signs persist. Remember, symptoms may return later that day or the next, not necessarily when exercising!

Step 1. No activity, only complete mental and physical rest. This includes avoiding both mental and physical stress. Proceed to step 2 only when symptoms are gone.

Step 2. Light aerobic exercise, such as walking or stationary cycling. Monitor for symptoms and signs. No resistance training or weight lifting.

Step 3. Sport specific activities and training (e.g. skating).

Step 4. Drills without body contact. May add light resistance training and progress to heavier weights.

The time needed to progress from non-contact to contact exercise will vary with the severity of the concussion and the player. Go to step 5 after medical clearance. (Reassessment and note)

Step 5. Begin drills with body contact.

Step 6. Game play. The earliest a concussed athlete should return is one week. Note that each step should be a minimum of one day.