

Concussion 101



Any athlete suspected of having a concussion* should be **removed from play**, medically assessed, monitored for deterioration (**not left alone**), and should not operate a motor vehicle.

*A concussion should be suspected if there is a mechanism of injury (such as a contact hit, fall, or whiplash), and at least one sign or symptom.

Signs & Symptoms

- ✓ Loss of consciousness
- ✓ Seizure or convulsion
- ✓ Amnesia
- ✓ Headache
- ✓ Pressure in head
- ✓ Neck pain
- ✓ Nausea or vomiting
- ✓ Dizziness
- ✓ Blurred vision
- ✓ Balance problems
- ✓ Sensitivity to light
- ✓ Sensitivity to noise
- ✓ Feeling like "in a fog"
- ✓ "Don't feel right"
- ✓ Difficulty concentrating
- ✓ Difficulty remembering
- ✓ Fatigue or low energy
- ✓ Confusion
- ✓ Drowsiness
- ✓ More emotional
- ✓ Irritability
- ✓ Sadness
- ✓ Nervous or anxious

Concussion Management



Rest and avoid activity until you see a health care provider



All medications should be used under physician supervision



DO NOT drink alcohol or take sleeping tablets



DO NOT drive until medically cleared



DO NOT train, play sports, or participate in any activities until medically cleared

GO TO THE HOSPITAL RIGHT AWAY IF YOU...

- ✓ Have a headache that worsens
- ✓ Show signs of new symptoms
- ✓ Are very drowsy/can't be woken
- ✓ Can't recognize people or places
- ✓ Have repeated vomiting
- ✓ Behave unusually or seem confused; are very irritable
- ✓ Have seizures
- ✓ Have weak/numb arms or legs
- ✓ Are unsteady on your feet; have slurred speech

Problems could arise over the first **24-48 HOURS**.



Return to Play Protocol

ATHLETES SHOULD NOT BE RETURNED TO PLAY THE SAME DAY OF INJURY.

1. Do small bouts of activity (only after a clinical assessment by a health care provider, and as long as there is no symptom augmentation)
2. Light aerobic exercise (increase heart rate)
3. Sport-specific exercise
4. Non-contact training drills (participate in moderate+ aerobic activity, weight training)
5. Full contact training after medical clearance
6. Return to competition (game play)

There should be 24 hours or longer for each stage. If symptoms recur the athlete should return to the previous stage. Resistance training should only be started in the later stages.

MEDICAL CLEARANCE MUST BE GIVEN PRIOR TO RETURN TO PLAY

CATA strongly encourages that concussion management be under the supervision of a professional sport health practitioner such as a sports physician, a certified athletic therapist, and/or a neuropsychologist.