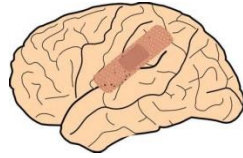


Concussion Risk, Management & Return to Play



A **Concussion** is an injury to the brain that occurs as a result of contact to the head or from contact to another part of the body which results in the brain itself contacting the walls of the cranium. Concussions have always existed in and out of sport however with new research and attention, diagnosis has been more frequent and precise.

Symptoms may be variable and include any of the following:

Headache	Balance problems	Changes in concentration
Pressure in the head	Sensitivity to light	Difficulty with memory
Neck Pain	Sensitivity to noise	Drowsiness
Nausea	Confusion	Difficulty sleeping
Vomiting	Feeling slowed down	Irritability
Blurred vision	Fatigue	Difficulty making decision
Nervousness or anxiety	Sadness	More emotional even crying

A participant does not have to lose consciousness in order for a concussion to occur.

What should you do if you suspect your player or child has had a concussion?

It is important that you listen to the participant and observe their behaviours. If a participant is suspected to have a concussion they should not return to play until they have seen a qualified health professional for assessment. Certainly your family physician can provide information and resources for further assessment and treatment. Treatments are often provided by health care practitioners educated in post-concussion management.

How do you know when your player or child can return to play?

Consensus among health experts has recommended a 5-STEP return to play guideline which needs to be monitored by a health professional. If a participant is symptomatic at any one level then return to the previous level is essential.

STEP 1 – NO activity, participant is symptom free at rest

STEP 2 – Light aerobic exercises i.e. walking, stationary bicycling, swimming, symptom free

STEP 3 – Sport specific activities, no contact risk, symptom free

STEP 4 – Full practice with contact risk, symptom free

STEP 5 – **Formal medical clearance** required by EEYS for full return to play