



## Concussion Policy

### Definition

1. Concussion is defined as a disturbance in brain function caused by a direct or indirect force to the head.
2. Concussion may be caused either by:
  - a direct blow to the head, face, neck
  - indirectly, through an awkward landing or impact elsewhere on the body, with an impulsive force transmitted to the head.

Concussion injury results in a number of signs and symptoms. Loss of consciousness does not need to occur.

No two concussions are alike; each concussion can result in differing constellations of symptoms.

Although the majority of concussion cases tend to resolve within a few weeks with proper medical attention, it is important to note that in a small percentage of cases, post-concussive symptoms may be prolonged. Concussion symptoms that extend longer than one month may be due to injury involving other areas such as the neck. Careful medical monitoring is essential and the concussion management may require additional therapy intervention.

### Concussion Symptoms

- Loss of consciousness
- Seizure or convulsion
- Amnesia
- Headache
- Pressure in head
- Neck Pain
- Dizziness
- Blurred vision
- Balance Problems
- Sensitivity to light
- Sensitivity to noise
- Feeling slowed down
- Feeling like “in a fog”
- “Don’t feel right”
- Difficulty concentrating
- Difficulty remembering
- Fatigue or low energy
- Confusion
- Drowsiness
- Trouble falling asleep
- More emotional
- Irritability
- Sadness
- Nervous or Anxious

Please note that children under the age of 12 may present with different concussion symptoms than those listed above. Children may also require additional healing time, as their brains are still developing.

Sustaining a secondary concussion when not fully recovered from an initial concussion injury can be devastating/life-threatening. This is referred to as “second impact syndrome.”

- Coaches are never to make the concussion determination in the field on their own.

- If there is doubt as to whether a concussion has occurred, it is to be assumed that it has occurred
- The participants parent/guardians will be contacted and they will be required to have the injury properly assessed at a hospital or medical clinic

## Initial Response to Suspected Concussion Trauma: Removal from Ice

An individual responsible for those who are participating in organized physical activity who believes that, following a blow to the head, face or neck, or a blow to the body that transmits a force to the head, a participant in the activity may have suffered a concussion needs to take immediate action.

- If the participant is unconscious as a result of a trauma occurred during a skating activity:
  - Dial 911.
  - Do not move the participant.
  - Wait for paramedics to arrive.
- If the participant is conscious after the trauma:
  - the participant must be immediately removed from the practice (on or off the ice), training, competition, camp, or clinic, and immediate medical assessment received either on or off site.
  - The participant should not be left alone

A skater must receive medical clearance by a concussion-trained health care professional before resuming on- or off-ice training.