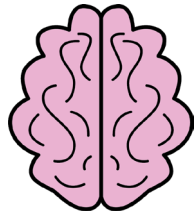


CONCUSSION EDUCATION SHEET

What is a concussion?

A concussion is a brain injury that can't be seen on X-rays, CT or MRI scans. It affects the way an athlete thinks and can cause a variety of symptoms.



When should I suspect a concussion?

A concussion should be suspected in any athlete who sustains a significant impact to the head, face, neck or body, and reports ANY symptoms or demonstrates ANY visual signs of a concussion. Some athletes will develop symptoms immediately, while others will develop delayed symptoms (beginning 24-48 hours after the injury).

What are the symptoms of a concussion?

A person does not need to be knocked out (lose consciousness) to have had a concussion. Common symptoms include:

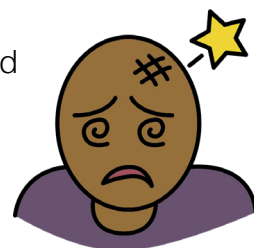
- Headaches or head pressure
- Dizziness
- Nausea and vomiting
- Blurred or fuzzy vision
- Sensitivity to light or sound
- Balance problems
- Feeling tired or having no energy
- Not thinking clearly
- Feeling slowed down
- Easily upset or angered
- Sadness
- Nervousness or anxiety
- Feeling more emotional
- Sleeping more or sleeping less
- Difficulty falling asleep
- Difficulty working on a computer
- Difficulty reading
- Difficulty learning new information



What are the visual signs of a concussion?

Visual signs of a concussion may include:

- Lying motionless on the playing surface
- Being slow to get up after a direct or indirect hit to the head
- Disorientation or confusion or inability to respond appropriately to questions
- Blank or vacant stare
- Balance or gait difficulties, motor incoordination, stumbling, slow and laboured movements
- Facial injury after head trauma
- Clutching head



What should I do if I suspect a concussion?

If any athlete is suspected of sustaining a concussion during sports, they should be removed from play immediately. Any athlete who is suspected of having sustained a concussion during sports must not be allowed to return to the same game or practice.



It is important that ALL athletes with a suspected concussion undergo medical assessment by a licensed healthcare professional as soon as possible. It is also important that ALL athletes with a suspected concussion receive written medical clearance from a licensed healthcare professional before returning to sports activities.

Return-to-School Strategy

Stage	Aim	Solutions	Goal of each step
1	Daily activities at home that do not give the student-athlete symptoms	Typical activities during the day as long as they do not increase symptoms (i.e. reading, texting, screen time). Start at 5-15 minutes at a time and gradually build up.	Gradual return to typical activities
2	School activities	Homework, reading, or other cognitive activities outside of the classroom.	Increase tolerance to cognitive work.
3	Return to school part-time	Gradual introduction of schoolwork. May need to start with a partial school day or with increased breaks during the day.	Increase academic activities
4	Return to school full-time	Gradually progress.	Return to full academic activities and catch up on missed school work

Return-to-Sport Strategy

Stage	Aim	Solutions	Goal of each step
1	Symptom-limiting activity	Daily activities that do not provoke symptoms.	Gradual introduction of work / school activities
2	Light aerobic activity	Walking or stationary cycling at slow to medium pace. No resistance training.	Increase heart rate.
3	Sport-specific exercise	Running or skating drills. No head impact activities.	Add movement
4	Non-contact training drills	Harder training drills, i.e. passing drills. May start progressive resistance training.	Exercise, coordination, and increased thinking
5	Full contact practice	Following medical clearance.	Restore confidence and assess functional skills by coaching staff.
6	Return to sport	Normal game play.	

How long will it take for the athlete to recover?

Most athletes who sustain a concussion will make a complete recovery within 1-2 weeks, while most youth athletes will recover within 1-4 weeks.



To learn more about concussion, visit: www.assc-cdsa.com

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**CANADIAN DEAF SPORTS
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