

CONCUSSION MEMORY CARD

Any impact to the head, face or neck, or a blow to the body that causes a sudden shock to the head and causes the brain to move inside the skull, can cause a concussion.

All athletes who are suspected of having suffered a concussion should be seen by a licensed healthcare professional as soon as possible.



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
- Balance or gait difficulties, motor incoordination, stumbling, slow & laboured movements
- Facial injury after head trauma
- Clutching head
- Blank or vacant stare

If it is believed that an athlete has suffered a concussion while playing a sport, they should be removed from the game immediately. No athlete suspected of having a concussion while playing a sport should be authorized to resume the same activity.



RED FLAGS - CALL AN AMBULANCE

If there is concern after an injury, including **ANY** of the following signs being observed or complaints being reported, then the player should be safely and immediately removed from the play/game/activity.

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated, or combative

If no licensed healthcare professional is available, call an ambulance for urgent medical assessment.



KEY STEPS IN CONCUSSION:

- Identify and remove the athlete from the current match or training session
- Do not leave the athlete alone; watch for symptoms and signs
- Do not administer any medication
- Notify the coach, parent, or guardian of the athlete and the CHSA
- The athlete should be assessed by a licensed healthcare professional as soon as possible
- The athlete must not return to play during the match or training session and must follow the six-step Return-to-Sport Strategy and obtain clearance from a licensed healthcare professional

STAGES OF RETURN TO SPORT

The return-to-play strategy is gradual and begins after a licensed healthcare professional clears the athlete to return to activity. If any signs or symptoms reappear during this process, the athlete should be reassessed.



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.	

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

TOGETHER, WE CAN PLAY HARD AND PLAY SAFE!



**CANADIAN DEAF SPORTS
ASSOCIATION**

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Concussion Recognition Tool 5 (CRT5)

Canadian Guideline on Concussion in Sport by Parachute Canada