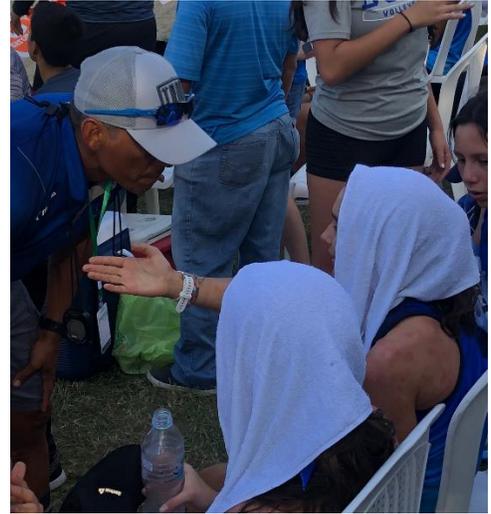




Concussion Protocol

WHAT IS A CONCUSSION

- A concussion is an injury to the brain resulting in a disturbance of brain function. While an injury to the brain can be fatal, most concussions recover completely with correct management.
- All concussions should be considered as potentially serious and should be managed in accordance with appropriate guidelines.
- Incorrect management of a concussion can lead to further injury.
- Anyone with any concussion symptoms following a head injury **MUST** be removed from playing or training.
- Loss of consciousness does not occur in the majority of concussions.



There must be no return to play on the day of any suspected concussion.

- There are many symptoms of concussion, common ones being headache, dizziness, memory disturbance or balance problems.
- A concussion can be caused by a direct blow to the head, but also can occur when a blow to another part of the body results in rapid movement of the head (e.g. whiplash type injuries).
- The symptoms of concussion typically appear immediately, but their onset may be delayed and can appear at any time after the initial injury.
- Loss of consciousness does not always occur in a concussion (in fact it occurs in less than 10% of concussions). A concussed athlete may still be standing up and may not have fallen to the ground after the injury.

Concussions can happen to people of any age. However, children and adolescents (19 and under):

- Are more susceptible to brain injury.
- A history of previous concussion increases the risk of further concussions, which may also take longer to recover.
- Have more significant memory and mental processing issues.
- Are more susceptible to rare and dangerous neurological complications, including death caused by a single or second impact.

WHEN IN DOUBT... SIT THEM OUT!

Visible signs of Concussion (What you may see)	Symptoms of Concussion (What you may be told by the player/student)
Dazed, blank or vacant look	Headache
Lying motionless on ground/slow to get up	Dizziness
Unsteady on feet/balance problems or falling over / poor condition	Mental clouding, confusion, or feeling slowed down
Loss of consciousness or responsiveness	Visual problems
Confused / not aware of play or events	Nausea or vomiting
Grabbing/ clutching of head	Fatigue
Seizures	Drowsiness/feeling like in a fog / difficulty concentrating
More emotional/irritable than normal	Sensitivity to light or noise

What to do?

- **If in Campus:** Contact the School Nurse Immediately. Escort the student to the Nurse's Office and report injury from your point of view.
- **If off Campus:** notify the Athletics Director immediately or Athletics Coordinator. Notify parents and have the student closely monitored by parents or sent to ER if serious symptoms are observed (provide Insurance form).

Once safely removed from play they must not be returned to activity that day.

Team-mates, coaches, game officials, team managers, administrators or parents who suspect a student / player may have a concussion MUST do their best to ensure that they are removed from play in a safe manner.

When to send a Student directly to the Emergency Room?

If any of the following are reported then a student / player should be transported for urgent medical assessment at the nearest hospital emergency room:

Headaches that worsen	Seizures	Looks drowsy and / or cannot be awakened	Repeated vomiting	Slurred speech
Any loss of consciousness				
Unable to recognize people or places	Weakness or numbing in arms or legs, facial drooping	Unsteady gait	Dilated or pinpoint pupils, or change in pupil size in one eye	Significant irritability
Suspicion of skull fracture: Blood draining from ear, or clear fluid from nose				

Rest The Body, Rest The Brain

Rest is the key to recovering from a concussion. This involves resting the body (physical rest) and resting the brain (cognitive rest). Anyone with a concussion or a suspected concussion should not:

- Be left alone in the first 24 hours.
- Drive a motor vehicle and should not return to driving until provided with medical or healthcare professional clearance.

Return to Play

ISP does not allow any student to return to play (once a suspected concussion has taken place) until at least 24 hours after the injury and only with a doctor's note permitting the student to the specific physical activity.