



# CONCUSSION

AWARENESS & MANAGEMENT



## THINGS YOU NEED TO KNOW

### CONCUSSION: Watch for ANY of these Signs & Symptoms

- Loss of consciousness
- Seizure or convulsion
- Amnesia
- Headache
- "Pressure in head"
- Neck Pain
- Nausea or Vomiting
- 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
- More emotional
- Irritability
- Sadness
- Nervous or Anxious

### CONCUSSION: Management & Rehabilitation

**An athlete should never return to play while symptomatic.**

**When a player shows ANY SYMPTOMS or SIGNS of a concussion...**

The player **SHOULD NOT** be allowed to return to play in the current game or practice.

The player **SHOULD NOT** be left alone, regular monitoring for deterioration is essential.

The player **SHOULD** be medically evaluated.

### CONCUSSION: Guidelines for Coaches, Players, Parents & Officials

- Concussion is a Brain Injury
- You do not have to lose consciousness to have a concussion
- Symptoms are often subtle
- Wear properly fitted protective equipment
- **The head (helmet/facemask) should never be used to make initial contact with another player**
- A concussion may be caused by a direct blow to the head, face, neck, or anywhere else that causes a severe and sudden movement to the head/neck
- Medical Clearance by an appropriate physician is mandatory before return to play

### CONCUSSION: Follow these 6 steps under Medical Supervision Before Returning to Play.

**Players must be asymptomatic for 24 hours BETWEEN each step.**

- 1.** No activity, complete rest. Once asymptomatic, proceed to step two
- 2.** Light aerobic exercise such as walking or stationary cycling
- 3.** Sport-specific training. (e.g. running in football, skating in hockey)
- 4.** Non-contact training drills. May start progressive resistance training
- 5.** Full-contact training after medical clearance
- 6.** Game Play

Visit [thinkfirst.ca](http://thinkfirst.ca) for more information | [CFL.ca](http://CFL.ca)

