

ATHLETE INFORMATION SHEET



Youth Sports
Concussion
Awareness
PROGRAM



It is so important that we take concussions seriously and that athletes are pulled from play once a head injury occurs. Athletes at all levels and in every single sport suffer concussions, helmet or not. As a sports broadcaster I have seen a number of players careers ended due to concussions: Eric Lindros (NHL), Paul Kariya (NHL), Cory Koskie (MLB), Matt Dunnigan (CFL), Steve Young (NFL), Elton Flatley (Rugby), Muhammed Ali (Boxing) and Chuck Liddell (UFC). Other athletes have had to take significant time off before they were well enough to get back into their sports such as Lindsay Vonn (Skier), Paul Scholes (Soccer), Aaron Hill (MLB) and probably one of the most famous in recent times, Sidney Crosby (NHL)... Our brain is the most important thing we possess. You wouldn't send your child back into the game with a broken leg, so we don't want to send them back in with a brain injury and risk, not only their athletic careers, but their entire futures. *Dan O'Toole, Sports Broadcaster, TSN*

A CONCUSSION IS A BRAIN INJURY THAT:

- **Is caused by a bump, blow, or jolt to the head or body.**
 - **Changes the way your brain normally works.**
 - **Occurs during practices or games in any sport or recreational activity.**
 - **Happens even if you haven't been knocked out.**
 - **Can be serious even if you've just been "dinged" or "had your bell rung."**
- All concussions should be taken seriously.**

A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

SIGNS AND SYMPTOMS OF A CONCUSSION:

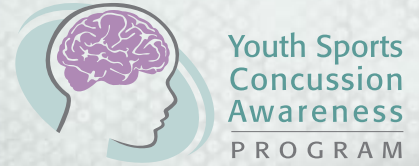
You can't see a concussion, but you might notice one or more of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.



- **Headache or "pressure" in the head**
- **Nausea or vomiting**
- **Balance problems or dizziness**
- **Double or blurry vision**
- **Bothered by light or noise**
- **Feeling sluggish, hazy, foggy, or groggy**
- **Difficulty paying attention**
- **Memory problems**
- **Confusion**

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APPENDIX B



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**IF YOU THINK YOU HAVE SYMPTOMS OF A CONCUSSION
TELL YOUR PARENT, COACH OR GUARDIAN IMMEDIATELY**

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- If you feel any signs, symptoms, or behaviors consistent with a concussion, you need to tell your parent, coach or guardian immediately. You must be removed immediately from practice or competition and should not return to activity until evaluated and cleared by a health care provider.
- Where possible, you should be evaluated on the sideline by a certified athletic trainer, EMS, or other health care provider.
- Seek medical care within 48 hours and contact your family doctor or nurse practitioner immediately to book an appointment. Your family doctor or nurse practitioner can tell you have a concussion and when it is OK to return to play.
- Give yourself time to get better. If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

RETURN TO PLAY:

Primary care providers can provide you with return to play protocol, and create a pathway of care action plan to best meet your individual needs.

Is Emergency Medical Care Needed?

WATCH FOR THESE "RED FLAGS"

- **Loss of consciousness >1 minute**
- **Suspected seizure (jerking movements)**
- **Weakness or numbness/tingling**
- **Confusion, agitation, drowsiness**
- **Persistent vomiting**
- **Severe neck pain or neck pain with numbness/tingling**

ANY OF THE ABOVE REQUIRE AN EMERGENCY MEDICAL ASSESSMENT

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