



PSP Trenton Pre-Season Concussion Education Sheet

What is a concussion?

A concussion is the most common form of brain injury caused by an impact of forceful motion to the head or body that causes the brain to move inside the skull.ⁱ

What causes a concussion?

Any blow to the head, face or neck, or somewhere else on the body that causes a sudden jarring of the head may cause a concussion. Examples include getting body-checked in hockey or falling and hitting one's head on the floor.ⁱⁱ

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 demonstrated *ANY* visual signs of a concussion. A concussion should also be suspected if an athlete reports *ANY* concussion symptoms to one of their peers, parents, teachers, or coaches or if anyone witnesses an athlete exhibiting *ANY* of the visual signs of concussion. Some athletes will develop symptoms immediately while other will develop delayed symptoms (beginning 24-48 hours after the injury).ⁱⁱ

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 or 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
- Having a hard time falling asleep
- Difficulty working on a computer
- Difficulty reading
- Difficulty learning new information

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What are the visual signs of a concussion?

Visual signs of a concussion may include:

- Lying motionless on playing surface
- Slow to get up after direct or indirect hit to the head
- Disorientation or confusion or inability to respond appropriately to questions
- Blank or vacant stare
- Balance, gait difficulties, motor incoordination, stumbling, slow labored 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 immediately removed from play. Any athlete who is suspected of having sustained a concussion during sports must not be allowed to return to the same game or practice.ⁱⁱ

It is important that ALL athletes with suspected concussion undergo medical assessment by a medical doctor or nurse practitioner, as soon as possible.

If any of the **RED FLAGS** are present, call 911 or seek immediate medical care.

RED FLAGS

- 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

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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. Approximately 15-30% of patients will experience persistent symptoms (>2 weeks) that may require additional medical assessment and management.

Proper management of a concussion can reduce the risk of complications. It is important that the individual has successfully returned to work before fully returning to sport and physical recreation activities. Returning to full activity too soon may result in more severe symptoms or long-term problems. As well, returning to high risk activities (contact sports, dangerous job duties) before full recovery and medical clearance can put the individual at risk of sustaining another concussion with more severe symptoms and a longer recovery period.ⁱ

How can I help prevent concussions and their consequences?

Concussion prevention, recognition and management requires athletes to follow the rules and regulations of their sport, respect their opponents, avoid head contact, and report suspected concussions.

Appendix A: PSP Trenton Pre-Season Concussion Education Sheet

Signatures: The following signature certifies that the athlete, coach, OPI, trainer has reviewed the above information related to concussion:

Printed name

Signature

Date

ⁱ Concussion Awareness Training Tool. (2019). *What You Need to Know About Concussion*. [PDF File]. Retrieved from <https://cattonline.com/wp-content/uploads/2019/06/CATT-What-You-Need-to-Know-About-Concussion-V2-June-2019.pdf>

ⁱⁱ Parachute. (2017). *Pre-Season Concussion Education Sheet*. www.parachute.com/concussion

ⁱⁱⁱ Concussion in Sport Group. (2017). *Concussion Recognition Tool 5*. [PDF File]. Retrieved from <https://bjsm.bmj.com/content/bjsports/51/11/872.full.pdf>