**Concussion Protocol Harmonization Project:**

**Canadian Harmonized Sport Concussion Protocol Checklist**

**Purpose**

This checklist is a tool to help you ensure your concussion protocol aligns with the *Canadian Guideline on Concussion in Sport, 2nd edition*.

**How to Use this Tool**

Review your concussion protocol to see if it matches the criteria listed below. Any items you don’t check off identify areas that will need to be addressed.

If you don’t already have a concussion protocol drafted, use the **Canadian Harmonized Sport Concussion Protocol Template** as an example of a protocol that aligns with the *Canadian Guideline on Concussion in Sport, 2nd edition*.

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| **GENERAL CONSIDERATIONS** |
| * Your protocol clearly identifies sport participants with the appropriate term that is specific to your sport (i.e. participant, athlete, player) |
| 1. **PRE-SEASON EDUCATION** |
| * Your protocol specifies a plan to provide annual pre-season concussion education to: athletes, coaches, trainers, officials, and medical staff (e.g. team physician) * Your pre-season concussion education includes information on:   + the definition of concussion   + possible mechanisms of injury (i.e. how a concussion might occur)   + common signs and symptoms   + steps that can be taken to prevent concussions and other injuries from occurring in sport   + what to do when an athlete suffers a suspected concussion or more serious head injury   + what measures should be taken to ensure proper medical assessment, Return-to-School and Return-to-Sport Strategies   + Return-to-Play medical clearance requirements * Specifies who is responsible for implementation and decision-making regarding pre-season education |
| * **Helpful tool: Pre-Season Concussion Education Sheet** |
| 1. **HEAD INJURY RECOGNITION** |
| * Your protocol specifies the conditions where a concussion should be suspected:   + **An athlete demonstrates one or more observable signs** of a suspected concussion (as detailed in the Concussion Recognition Tool 6)   + **An athlete reports one or more symptoms** of suspected concussion (as detailed in the Concussion Recognition Tool 6).   + This includes cases where the impact wasn’t witnessed, but anyone witnesses the athlete exhibiting one or more observable signs of suspected concussion or the athlete reports one or moresymptoms of suspected concussion to one of their peers, parents/caregivers, coaches or teachers. * Your protocol acknowledges all individuals in the sport community (athletes, parents/caregivers, coaches, officials, spectators) are responsible for recognizing and reporting of athletes with a suspected concussion. * References the Concussion Recognition Tool 6 (CRT6). * Specifies “Red Flag” symptoms that may indicate more serious injury (including convulsions, worsening headaches, vomiting or neck pain). * Specifies who is responsible for implementation and decision-making regarding head injury recognition, including player removal for medical assessment. |
| * **Helpful tool: Concussion Recognition Tool 6** |
| 1. **ONSITE MEDICAL ASSESSMENT** |
| * Your protocol specifies that (where possible) a multifaceted assessment by qualified onsite licensed healthcare professionals be initiated using a tool that considers multiple domains that may be affected by a concussion (i.e. SCAT6 or Child SCAT6). * Specifies that if no licensed health professionals are present, the athlete should be referred for medical assessment by a medical doctor or nurse practitioner as soon as possible. * Lists the conditions under which emergency medical services are activated (i.e. where any red flags are present). * Further medical assessment is then carried out by a medical doctor or nurse practitioner. * Specifies who is responsible for implementation and decision-making for onsite medical assessment. |

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| 1. **MEDICAL ASSESSMENT** |
| * Your protocol specifies medical follow-up with a physician (or other licensed healthcare professional as per your sport policy), and this includes a multifaceted assessment. * Specifies who is responsible for implementation and decision-making for medical assessment. |
| * **Helpful tool:** **Medical Assessment Letter** |
| 1. **CONCUSSION MANAGEMENT** |
| * A gradual return to school strategy and return to sport strategy are implemented. * Your protocol specifies that return to school (if applicable) must happen before progressing to stages 4, 5 and 6 of return to sport. * A *Sport-Specific Return-to-Sport Strategy* is included. * Specifies who is responsible for implementation and decision-making regarding concussion management. |
| * **Helpful tool:** **Sport-Specific Return-to-Sport Strategy Adaptation Tool** |
| 1. **INTERDISCIPLINARY CONCUSSION CARE** |
| * Care of persisting symptoms (lasting longer than four weeks) should follow the management recommendations in Canada’s clinical practice guidelines. |
| 1. **RETURN TO SPORT** |
| * Return to sport activities with risk of contact or fall does not occur until medical clearance by a medical doctor or nurse practitioner. * Additional considerations relevant to your sport are taken into account. * Specifies implementation and decision-making regarding return to sport. |
| * **Helpful tool: Medical clearance letter** |