

ACTION PLAN



To make sure concussions are managed properly, put an action plan in place that coaches, trainers, players and their parents/caregivers are all involved in.

- Identify safety personnel who can assist with managing the health of the team and are knowledgeable about concussions, know the action plan and know what to do when a concussion is suspected.
- Provide players and families with concussion resources so everyone knows what to look for to keep players safe.
- Always have a Concussion Recognition Tool (CRT5) and your organization's concussion card at practices and games so that you have a list of concussion signs and symptoms available, and information on the first steps to take when a concussion is suspected.

If you suspect a concussion has occurred

- 1 Coach, trainer or official removes the player from the game, practice or training.
- 2 Coach or trainer ensures the player is not left alone. Monitor signs and symptoms and do not administer any medication. The player must not return to the game or practice that day.
- 3 Coach informs the player's parent or guardian about the known or suspected concussion and provides them handouts from the kit, and the parachute.ca/concussion and parachute.ca/smarthockey links.
- 4 Parent or guardian ensures the player is evaluated by a medical doctor as soon as possible.
- 5 Coaches, trainers and parents share the responsibility to communicate with the player to ensure that if they are diagnosed with a concussion, they are following the league's concussion protocol and policies and a medically supervised Return-to-Sport strategy. Players may only return to full practice and game play when they have been cleared by their doctor.

When in Doubt, Sit Them Out!

If you notice any "red flag" symptoms

- "Red flag" symptoms can be signs of a more serious injury. Get medical help immediately if you notice that a player has any of the following symptoms:
 - Neck pain or tenderness
 - Repeated vomiting
 - Growing confusion
 - Seizures or convulsions
 - Weakness, tingling or burning in their arms or legs
 - Increasingly restless, agitated or combative
 - Double vision
 - Severe or increasing headache
 - Deteriorating conscious state or loss of consciousness
- If there is loss of consciousness, initiate the Emergency Action Plan and call an ambulance.
- Assume possible neck injury and continue to monitor airway, breathing and circulation. Do not attempt to remove any equipment, including their helmet.