

# 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 6 (CRT6) 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 unless it is required for a medical condition (e.g. insulin for diabetes).. 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](https://parachute.ca/concussion) and [parachute.ca/smarthockey](https://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.