

RECOGNIZING A POTENTIAL CONCUSSION



The role of a coach isn't to diagnose a concussion, but to recognize that a concussion may have occurred and remove the participant immediately from an at-risk situation. Use the Concussion Recognition Tool 6 (CRT6) to recognize when a concussion may have occurred and respond appropriately.

Red Flags

If a participant has ANY of the following after an impact to the head or body, remove them immediately from the activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment.

- Neck pain or tenderness
- Vomiting
- Seizure or convulsion
- Severe or increasing headache
- Loss of vision or double vision
- Increasingly restless, agitated, or combative
- Loss of consciousness
- Visible deformity of the skull
- Confusion or deteriorating conscious state
- Weakness or tingling/burning in arms or legs



Signs and Symptoms

If you don't see any red flags but you suspect a concussion, remove the participant from the activity, monitor them for symptoms or visible signs, and recommend they see a healthcare professional.

Symptoms

- Headache or "pressure in head"
- Nausea or vomiting
- Drowsiness, fatigue, or low energy
- Dizziness
- Blurred vision
- Sensitivity to light and/or noise
- More emotional or irritable
- Difficulty concentrating or remembering
- Feeling sad, nervous, or anxious
- Feeling slow or "in a fog"

Visible Signs

- Lying motionless on the playing surface
- Disorientation or confusion
- Inability to respond correctly to questions
- Blank or vacant look
- Balance or gait difficulties, or stumbling
- Facial injury after head trauma
- Slow to get up after a direct or indirect hit to the head
- Motor incoordination or slow, laboured movements

Once you have removed a participant with a suspected concussion from play:

- Do not leave them alone or let them travel home by themselves, at least for the first 1-2 hours. Follow the Rule of Two by always having two adults accompany the participant.
- Ensure the participant does not consume alcohol or recreational/prescription drugs.
- Ensure the participant does not drive a motor vehicle until cleared to do so by a healthcare professional.