

We all must work together to ensure that a student athlete that has suffered a head trauma and may be showing signs and symptoms of a concussion be removed from play immediately. If a team-mate, coach, instructor, official, staff member suspects a player may have a concussion or witnesses a head injury in the course of the activity they are participating in, that player shall be removed from play immediately pending a medical examination.

Some signs and symptoms to look for after a head injury that could reveal a potential concussion include, but are not limited to:

- Severe neck pain.
- Deteriorating consciousness (drowsiness).
- Increased confusion and irritability.
- Repeated vomiting.
- Unusual behavior change.
- Seizure.
- Double vision.
- Weakness or tingling/burning in arms or legs.

For a more thorough cognitive and physical evaluation, we invite team stakeholders and staff to use the SCAT 5 Sport Concussion Assessment Tool¹.

If there is suspicion of a concussion, the following Remove from Play Protocol must be engaged:

- ❑ Contact emergency services as required based on the severity of the injury.
- ❑ Immediate removal from all Intramural/Club activities including: games, practices, tournaments, and training.
- ❑ Encourage the player to seek cognitive testing from their medical doctor to determine if a concussion exists and if they are cleared to return to play.
- ❑ A medical note is to be provided to the Program Supervisor clearing the student athlete to return to physical activity and/or any restrictions that may apply.
- ❑ The medical note must indicate that the student athlete has been cleared through the guidelines recommended by the 2017 Berlin Concussion in Sport Group Consensus Statement².

Any student athlete that is injured or concussed may still attend any team/club functions as a spectator and we could encourage team/club stakeholders to make sure the player does not feel isolated from the team/club as a result of their injury.

¹ Concussion in Sport Group 2017: Davis GA, et al. Br J Sports Med 2017;0:1–8. doi:10.1136/bjsports-2017-097506SCAT5.

² Patricios JS, Ardern CL, Hislop MD, et al. Implementation of the 2017 Berlin Concussion in Sport Group Consensus Statement in contact and collision sports: a joint position statement from 11 national and international sports organizations. British Journal of Sports Medicine 2018;52:635-641.