

CONCUSSION ACTION PLAN



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

- Identify safety people who can assist managing the health of the team. Make sure that the safety person is knowledgeable about concussions, knows about the action plan and what to do when a concussion is suspected.
- Always have a concussion card and Pocket Concussion Recognition Tool at practices and games so that you have all the information about signs, symptoms and first steps to take when a concussion is suspected.
- Provide players and families with concussion handouts so everyone knows what to look for to keep players safe.

If you suspect a concussion has occurred:

1. Remove the athlete from play.
2. Do not leave the player alone. Monitor signs and symptoms and do not administer medication.
3. Make sure the athlete is evaluated by a medical professional as soon as possible. If your doctor's office is closed, go to the Emergency Room.
4. Inform the athlete's parents or guardians about the known or suspected concussion and provide them with handouts from the kit and the link to www.parachutecanada.org.
5. Follow up with the athlete to ensure that if he/she is diagnosed with a concussion, he/she is following a medically supervised 6 Step Return to Play plan. These athletes should only return to play only when they have been cleared by their doctor.
6. **When in Doubt, Sit Them Out!**
The player must not return to play in that game or practice.

If there is loss of consciousness - initiate the Emergency Action Plan and call an ambulance. Assume possible neck injury. Continue to monitor airway, breathing and circulation.