

Coach/Trainer Pathway for Concussion Care

Child youth (age 5-18 years) experiences a **hit to the head or blow to the body** (incident)

Suspect a concussion: Immediately remove athlete from play
*keep your eyes on the athlete, do not leave alone

Are red flag symptoms present?

- Increased drowsiness or cannot be awakened
- Loss of consciousness
- Neck pain or headaches
- Increased confusion - cannot remember what just happened
- Convulsions or seizures
- Pupils are not the same size
- Double vision
- Slurred speech
- Weakness, tingling or numbness in arms/legs
- Unusual behaviour change (agitation, aggression, irritability)

Yes to any red flag symptoms on the scene

Follow principles of first aid (danger, response, airway, breathing, circulation).

Do not move the player (except for airway support) unless trained to do so.

Do not remove helmet unless trained to do so.

Call 911 for transport to Emergency Department.

Know your organization's concussion policy

- Take concussion training annually.
- Provide annual concussion education to your players and their parents.
- Encourage players and team members to report concussions.
- Display and post concussion information where athletes practice and play games.

Are symptoms present?

- Headache, pressure in head
- Nausea and vomiting
- Dizziness
- Poor balance or coordination
- Blurred vision or visual problems
- Ringing in the ears
- Sensitivity to light or noise
- Confusion, not thinking clearly
- Amnesia
- Feeling slowed down. Speaking slowly
- Irritable, easily upset or angered
- Emotional changes (anxiety, irritability, sadness)

Yes to any symptoms

Immediately remove athlete from play.

Athletes with suspected concussion **should not be left alone and should not drive a motor vehicle.**

Advise parent to take to Physician or Nurse Practitioner for diagnosis, management and return to play guidance.

Return to play

Follow your organizations concussion policy for return to play.

Advise parent and child/youth to talk with school staff about the injury and suspected concussion.

Advise parent to follow Return to School and Return to Activity guidelines.

Return to play only after child has started return to school.

Advise athlete to visit **Physician or Nurse Practitioner** for clearance before returning to sports.

Return Athlete to play upon receiving clearance from a **Physician or Nurse Practitioner.**

No symptoms present

Advise parent to watch child/youth for 72 hours following the incident and go to **Physician or Nurse Practitioner** if any concussion symptoms appear.

Concussion Care Services in Hamilton

A concussion is a brain injury caused by a hit to the head that can change the way the brain normally works. Concussions can occur from a fall or blow to the body that causes the head to move rapidly back and forth. A concussion can happen without the loss of consciousness. Young children and teens are more likely to get a concussion and take longer to recover than adults.

Emergency Room Departments

Hamilton

- McMaster Children's Hospital; 1200 Main Street West, Hamilton ON; 905.521.2100
- General Hospital; 237 Barton Street East, Hamilton, ON; 905.521.2100
- Juravinski Hospital; 711 Concession Street, Hamilton, ON; 905.521.2100
- St. Joseph's Hospital; 50 Charlton Avenue East, Hamilton, ON; 905.522.1155
- David Braley Sport Medicine and Rehabilitation Centre at McMaster University, Hamilton, ON, (905) 525-9140 ext. 23575

Brant and Haldimand-Norfolk Region (Listed for Hamilton Soccer)

- Brantford General Hospital 200 Terrace Hill St. Brantford ON 519-751-5544
- Haldimand War Memorial Hospital 400 Broad St W Dunnville, ON 905-774-7431
- Norfolk General Hospital 365 West St Simcoe ON 519-426-0130
- West Haldimand General Hospital 75 Parkview Rd Hagersville ON 905-768-3311

Resources

- CanChild Return to School and Return to Activity guidelines:
<https://canchild.ca/en/diagnoses/brain-injury-concussion/brain-injury-resources>
- Rowans Law: <https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>
- Concussions 101, a video for parents and kids - Dr. Mike Evans: <http://youtu.be/zCCD52Pty4A>
Concussion Awareness Training Tool (CATT) Parents, players and coaches Awareness Toolkit
includes: on-line course, resources, videos and parent handouts: <http://www.cattonline.com/>
- Concussions & you: A handbook for Parents and Kids, Holland Bloorview Rehabilitation Hospital:
<http://hollandbloorview.ca/programsandservices/Concussioncentre/Concussioneducation/Handbook>
- Hamilton-Wentworth district School Board Concussion Directive:
<https://www.hwdsb.on.ca/wp-content/uploads/2019/08/Concussion-Procedure.pdf>
- Hamilton-Wentworth Catholic district School Board Concussion Protocols:
www.hwcdsb.ca/board/policies/?fileID=103081
- Ontario Brain Injury Association: <http://obia.ca>. Support line: 1.800.263.5404
- Concussions Ontario: <http://concussionsontario.org>
- Parachute Canada: <https://parachute.ca/en/professional-resource/concussion-collection/canadian-guideline-on-concussion-in-sport/>