



# Etobicoke Youth Soccer Club

## Concussion & Return to play Protocol

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### WHAT IS A CONCUSSION?

A concussion is a neurologic injury which causes a temporary disturbance in brain cells that comes from and is the result of an extreme acceleration or deceleration of the brain within the skull. The common misconception is that you must be hit in the head to cause a concussion injury – this is not true! Because a concussion is the result of acceleration or deceleration of the brain, a concussion can happen with a significant blow to anywhere on the body, provided sufficient acceleration/deceleration is transmitted to the brain tissue, head or face, there may be no other visible signs of a brain injury. It can cause changes in the brain that may not be seen in a CT scan or X-Ray. Balance, reaction time and cognitive skills can also be impacted.

Symptoms may appear hours or days after an injury, especially in children and the elderly. If symptoms appear or persist, visit a physician or nurse practitioner.

### WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Symptoms of a concussion range from mild to severe and can last for or appear within hours, days, weeks, or even months. In some cases there may be no symptoms at all. If you suspect a concussion, or notice any of the symptoms listed below, contact your doctor immediately. In severe cases, proceed to an Urgent Care Centre or Emergency Room immediately.

#### Red Flags

“Red flags” may mean the person has a more serious injury. Treat red flags as an emergency and call 911.

#### Red flags include:

- Neck pain or tenderness
- Double vision
- Weakness or tingling in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness (knocked out)
- Vomiting more than once
- Increasingly restless, agitated or aggressive
- Getting more and more confused

Everyone can help recognize a possible concussion if they know what to look for.

A person with a concussion might have any of the signs or symptoms listed below. They might show up right away or hours, or even days later. Just one sign or symptom is enough to suspect a concussion. Most people with a concussion do not lose consciousness.

Next page... common signs and symptoms

## Common signs and symptoms

<b>Physical</b> <ul style="list-style-type: none"><li>• Headache</li><li>• Pressure in the head</li><li>• Dizziness</li><li>• Nausea or vomiting</li><li>• Blurred vision</li><li>• Sensitivity to light or sound</li><li>• Ringing in the ears</li><li>• Balance problems</li><li>• Tired or low energy</li><li>• Drowsiness</li><li>• “Don’t feel right”</li></ul>	<b>Cognitive (Thinking)</b> <ul style="list-style-type: none"><li>• Not thinking clearly</li><li>• Slower thinking</li><li>• Feeling confused</li><li>• Problems concentrating</li><li>• Problems remembering</li></ul>
<b>Sleep-related</b> <ul style="list-style-type: none"><li>• Sleeping more or less than usual</li><li>• Having a hard time falling asleep</li><li>• Cognitive (Thinking)</li><li>• Not thinking clearly</li><li>• Slower thinking</li><li>• Feeling confused</li><li>• Problems concentrating</li><li>• Problems remembering</li></ul>	<b>Emotional</b> <ul style="list-style-type: none"><li>• Irritability (easily upset or angered)</li><li>• Depression</li><li>• Sadness</li><li>• Nervous or anxious</li></ul>

\* Please note that complaints of neck pain should be addressed immediately as a head injury may also result in a neck / spinal injury

### What to do if you suspect a concussion

Follow these three steps if you — or someone you know — experiences a blow to the head, face, neck or body and you suspect a concussion. Call 911 if you are concerned the injury is life-threatening, such as the person is unconscious or they had a seizure.

Recognize signs and symptoms of a concussion and remove yourself or the athlete from the sport/physical activity, even if you feel OK or they insist they are OK.

Get yourself or the athlete checked out by a physician or nurse practitioner.

Support gradual return to school and sport.

These resources are not intended to provide medical advice relating to health care. For advice on health care for concussion symptoms, please consult with a physician or nurse practitioner.



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### EYSC EMERGENCY PROTOCOL – SUSPECTED PLAYER CONCUSSION

A player showing any signs/symptoms as listed on the Pocket Concussion Recognition Tool or as listed in this document must be removed from play immediately. All Coaches/Trainers are required to be familiar with the use of this tool and follow the Club's protocol without question. The player is not to re-enter the game or practice.

In the event of a loss of consciousness call 911 for assistance immediately. Do not move the player unless absolutely necessary for safety reasons.

- Ensure that a member of the team staff stays with the player.
- Notify any family members immediately if they are present.
- The player must be evaluated by a physician prior to returning to play. Documentation from the physician is required. Average recovery period is 10 -14 days, but can sometimes be longer.
- Graduated "Return to Play process" as per Zurich Concussion guidelines (2012).
- Coaches must complete required injury report and submit to EYSC within 24 hrs of the incident.

### EYSC RETURN TO PLAY STAGES PROTOCOL

This is a multi-part process that requires supervision from the player's health care provider at each stage.

1. Limited activity	Physical and cognitive rest
2. Light aerobic exercise	Walking, swimming, cycling
3. Sport specific exercise	Light running skills, no heading
4. Non-contact training drills	Passing / movement
5. Full contact practice	Normal training cycle
6. Return to play	Normal game play

\*A minimum of 72 hrs is required between each stage.

Any recurrence of symptoms requires the player to return to the previous level. EYSC Coaches, Assistant Coaches, Managers and Trainers are not authorized to oversee Return to play processes, only medical providers can do so.

Players will not be permitted to return to any activity without the RETURN TO PLAY form be completed and signed by your health care provider for each stage.

### CAUTION

The Etobicoke Youth Soccer Club is committed to providing a safe environment for all players regardless of age and gender. It is, however, ultimately the responsibility of the parent to ensure that appropriate professional care is provided to players under the age of 18 in the event of injury. In the event of a concussion diagnosis, premature return to play can result in serious and sometimes permanent injury, particularly in the event of a second impact. Parents should seek ongoing medical evaluation for the benefit of the player's long term health and safety.