

What to do: If you suspect a player has sustained a concussion:

- Remove player from play immediately and seek medical evaluation as soon as possible that day. The player should not be left alone and must be monitored by competent adult supervision. Inform parents.
- Under no circumstance should a player be returned to competition or practice when concussed. Symptoms can worsen later in the day or the next and should not return to the current game or practice. (When in doubt, sit them out).
- Call ambulance (911) to take the player to the hospital if they have loss of consciousness (presume neck injury, do not move), have trouble breathing, complain of weakness or numbness in limbs or are convulsing.

🚩🚩🚩 Problems can arise over the first 24 – 48 hours. If the players exhibit any of the following symptoms, even after a medical consultation, they must go to an emergency department at once:

- Increasing headaches (headaches that get worse)
- Persistent vomiting
- Persistent irritability (very irritable)
- Excessive drowsiness
- Difficulty seeing, hearing, speaking or walking
- Seizures
- Persistent confusion (can't recognize people or places)

Players can expect to be told by the doctor to rest until they are fully recovered “rest the mind and the body”. Specific periods of rest may be given to the player.

Provide the recommendations and activity restrictions to the player and their caregiver.

Return to Play: When players have been “symptom free” at rest for one week they will be advised to go through a gradual increase in exercise over several days (or longer) before gradually returning to play.

Follow the Return to Sports Guidelines as per the provided sport specific pamphlet.

TRAUMA

The Montreal Children's Hospital
2300 Tupper Avenue
Montreal, Quebec H3H 1P3
www.thechildren.com

