

Markham Waxers remove-from-sport summary

REMOVE: A suspected concussion has been recognized and player is removed from play. Trainers hold the final decision to remove players with a suspected concussion.

REPORT: Trainer completes *Suspected Concussion Report Form*. Provides copy to:

Parent/Guardian and recommend they seek medical assessment as soon as possible

Head Trainer: Barbara Matthews
barbm.waxers@gmail.com

REFER: Seeing a medical doctor or nurse practitioner for medical assessment*

If player is experiencing any concussion symptoms:

Physical: Headaches, nausea, dizziness, sensitivity to light and noise

Mental: Fogginess and difficulty thinking, feeling slowed down, difficulty concentrating and remembering

Sleep: Sleeping more or less than usual, difficulty falling asleep and staying asleep

Emotional and Behavioural: Sadness, anger, frustration, nervousness/anxious, irritable

If player is experiencing any 'Red Flag' Symptoms:

- Severe or increasing headache
- Double vision
- Weakness or tingling/burning in arms/legs
- Neck pain or tenderness
- Loss of consciousness
- Deteriorating conscious state
- Seizure or convulsion
- Repeated vomiting
- Increasingly restless, agitated or combative
- Focal neurologic signs (e.g. paralysis, weakness, etc.)

*Includes: Family Physician, Pediatrician, Sports-Medicine Physician, Psychiatrist, Neurologist or Nurse Practitioner. Recommended [Medical Assessment Letter](#) template found in *Parachute's Canadian Guideline for Concussion in Sport*.

Schedule an appointment as soon as possible with a medical doctor/nurse practitioner. * Go to nearest Emergency Department if 'Red Flag' symptoms appear

Go to nearest Emergency Department or call 911

ASSESSMENT: Was a concussion diagnosis received at medical or emergency appointment?

Send medical documentation of diagnosis to team trainer to send to head trainer

Yes

No

Parent monitors for 24-48 hours in case symptoms appear or worsen

Families can choose to ask for a referral to Holland Bloorview to receive concussion care

RECOVERY AND GRADUAL RETURN-TO-SPORT: Enter Stage 1 of *return-to-sport protocol*

Send medical documentation of no diagnosis to team trainer to send to head trainer BEFORE on-ice activity

Return to game play