

## Prevention Tips

- Respect the rules of the game and practice fair play
- Respect the R Zone: Respect for Yourself; Respect for Others; and Responsibility for your Actions
- Wear protective equipment that is in good condition and properly fitted
- Wear protective equipment that is appropriate for the activity/sport
- Although wearing a helmet reduces the risk of a brain injury it does not protect you from a concussion
- If any signs or symptoms of a concussion are evident, immediate removal from the activity is required and medical attention should be sought



### What is the Rzone?

The Rzone is a zero tolerance operating procedure that applies to all Town of Oakville recreation and culture centres, facilities, parks and programs. The Rzone procedure enforces zero tolerance of violence, vandalism and inappropriate behaviour for participants and the public.

### What does the Rzone mean?

The "R" in the Rzone logo stands for **Respect and Responsibility**. *Respect for yourself; Respect for Others; and Responsibility for your Actions.*



The information presented is for educational purposes only and is not a substitute for medical advice or care.

### If a concussion is suspected an individual should consult a physician.

Excerpted from the ThinkFirst Foundation of Canada and The Montreal Children's Hospital

The views in this brochure do not necessarily reflect the Ministry of Health Promotion and Sport.



OAKVILLE

For additional information or questions visit [www.oakville.ca](http://www.oakville.ca)



## Head Education Let's Play Safe

CONCUSSION AWARENESS CAMPAIGN



MAKE  
YOUR  
MOVE  
Oakville



**A** concussion is a brain injury caused by excessive, rapid movement of the brain inside the skull. It can be caused by a direct or indirect hit to the head or body. This movement causes a change in how the brain cells function, leading to symptoms that can be physical such as headaches, dizziness; cognitive such as memory problems and decreased concentration; or emotional such as feeling depressed. A concussion is difficult to diagnose as a brain scan cannot determine if a concussion exists, but ignoring a concussion can have serious negative effects.



## Common symptoms and signs of a concussion

### Individual complains of

- dizziness
- headache
- nausea/vomiting
- feeling dazed
- seeing stars, flashing lights
- ringing in the ears
- sleepiness
- loss of vision
- sees double or blurry
- sensitivity to light/noise
- stomach ache

### Observation of an individual

- poor coordination or balance
- blank stare/glassy eyed
- slurred speech
- slow to answer questions or follow directions
- poor concentration
- easily distracted
- strange or inappropriate emotions (e.g. laughing, crying, getting mad easily)
- not playing as well

### Thinking problems

- does not know time, date, place, own name or type of activity playing in
- general confusion

- cannot remember things that happened before or after the injury



**Individuals who display any one of these symptoms and where a concussion is suspected should consult a physician.**

## When an individual is suspected of having a concussion and is conscious

- remove him/her from the play or practice and do not allow him/her to return
- do not leave the participant alone
- monitor for signs and symptoms of a concussion
- inform the parent/guardian of the suspected concussion
- seek medical attention

## When an individual is suspected of having a concussion and is unconscious

- call 911 immediately
- do not move the individual or remove any athletic equipment
- do not leave the individual alone, adult supervision is essential
- wait for paramedics to arrive

## Symptoms may not manifest themselves immediately and/or may worsen over the next 24-48 hours.

The following are symptoms that require immediate medical assistance even if the individual has already been seen by a doctor:

- being more confused
- vomits more than once
- has difficulty waking up
- has trouble walking
- displays strange behaviour
- has a seizure
- has a headache that is getting worse

## Length of time to recover from a concussion

With physical and cognitive rest, signs and symptoms of a concussion typically resolve in 10-14 days, but may take longer. If a concussion is not diagnosed it can lead to long term and more serious health risks. As a result the most important step is to consult a doctor when a concussion is suspected.

## Returning to activity after a concussion

A complete recovery is essential after suffering a concussion and before returning to any activity. After being symptom free, a gradual increase in exercise intensity over several days is required before returning to an activity. Returning to an activity while experiencing symptoms may result in a longer recovery. In some cases, suffering a second concussion before recovering from the first concussion can result in second impact syndrome – where the brain swells inside the skull and can result in a catastrophic outcome. Return to play guidelines vary depending on age and sport/activity and a physician should be consulted before returning to play.

