

Head Education Let's Play Safe

AWARENESS CAMPAIGN INFORMATION FOR COACHES AND INSTRUCTORS



Symptoms and Signs of a Concussion

Individual complains of

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

Other problems

- poor coordination or balance
- blank stare or 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 or where a concussion is suspected, should **consult a physician.**

When an individual is suspected of having a concussion, but is **conscious:**

- remove the individual from play or practice and do not allow them to return
- do not leave them alone
- monitor them for signs and symptoms of a concussion

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

Communication to the parent/guardian

Inform the parent/guardian of the suspected concussion and advise them to seek medical attention



Make sure you complete the required written report and/or report the incident to your immediate trainer or supervisor

MAKE YOUR MOVE

O a k v i l l e

Get active your way every day!



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

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 always** consult a physician. The views expressed in this material do not necessarily reflect the Ministry of Health Promotion and Sport.