RCSC Concussion Recognition Tool

Common Signs and Symptoms

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.

Physical

- Headache
- Pressure in the head
- Dizziness
- Nausea or vomiting
- Blurred vision
- Sensitivity to light or sound
- Ringing in the ears
- Balance problems
- Tired or low energy
- Drowsiness
- "Don't feel right"

Cognitive

- Not thinking clearly
- Slower thinking
- Feeling confused
- Problems concentrating
- Problems remembering

Emotional

- Irritability (easily upset or angered)
- Depression
- Sadness
- Nervous or anxious

Sleep Related

- Sleeping more or less than usual
- Having a hard time falling asleep

Should someone show one of the above signs, the protocols on the reverse MUST be followed.



RED FLAGS

If any of the symptoms below are observed, treat the situation as an emergency and call 911

- 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

Information compiled from https://www.ontario.ca/page/rowans-law-concussion-safety

RCSC Concussion Protocol

Should someone exhibit one or more of the signs and symptoms of a concussion listed on the reverse, camp staff must follow the Removal-from-play and Return-to-play protocols below.
If someone is exhibiting a "Red Flag" symptom, treat it as an emergency and dial 911.

Removal-from-play

Step 1 **Remove the camper**	Remove the camper from further participation if they have sustained a concussion or are suspected of having sustained a concussion, regardless of whether the concussion was sustained from an activity at camp.
Step 2 **Call 911 if an emergency**	If any of the red flags on the reverse are present, supervisor/staff to call 9-1-1 and follow subsequent directions given.
Step 3 **Inform**	If the person suspected of a concussion is under 18, the site supervisor must contact a parent or guardian to inform them of the observed signs/symptoms and suspected concussion.
Step 4 **Give protocols**	Inform the parent/guardians that the camper is required to undergo a medical assessment by a physician or nurse practitioner prior to being allowed to return to camp activities and provide staff with return-to-play recommendations.
Step 5 **Record incident**	Use the incident/accident report form to record the incident and response.
Step 6 **Return to camp**	Follow the Return-To-Sport protocol prior to the camper returning to games/activities.

Return-to-Sport Protocol

Once a camper has been removed from play due to a suspected concussion, the following protocol must be observed to return to camp activities.

Scenario 1: Camper is not diagnosed with a concussion
Camper's parent/guardian provides the camp supervisor with confirmation that the camper has:

- undergone a medical assessment by a physician or nurse practitioner and has not been diagnosed as having a concussion, and
- Has been medically cleared to return to play by the physician or nurse practitioner.

The camper can now return to regular camp activities.

Scenario 2: Camper is diagnosed with a concussion
If a camper has been diagnosed with a concussion they must proceed through the graduated return-to-play steps which will be provided by the physician or nurse. Parent/guardians must share this plan with the onsite supervisor prior to the camper returning to activities. The staff directly supervising the camper must be informed of all accommodations needed and further symptoms to watch for. Prior to the return of unrestricted play, confirmation of medical clearance is required from the camper's parent/guardian.