



CONCUSSION INFORMATION SHEET

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious.

You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your skater reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"



Concussion Action Plan:

If you suspect that a player has a concussion, you should take the following steps:

1. Remove immediately from play (training, practice, or game)
2. Inform the player's coach/parents or guardians
3. Refer the athlete to a qualified health-care professional (as defined in state statute)
4. Initial treatment requires physical and cognitive rest
5. Begin a graded return to sport and school/work protocol
6. Provide written medical clearance for return to play (the USA Hockey Return to Play Form is required)

What can happen if my child keeps on playing with a concussion or returns to soon?

Skaters with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of concussion leaves the young skater especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the skater suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences.

It is well known that adolescents or teenagers will often under report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents and skaters is the key for the young skater's safety.



If you think your child has suffered a concussion:

Any skater even suspected of suffering a concussion should be removed from the game or practice immediately. No skater may return to activity after an apparent head injury or suspected concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the skater should continue for several hours.

Casco Bay Hockey recommends the consistent and uniform implementation of the following return to play concussion guidelines set forth by USA Hockey and CDC:

1. Any skater suspected of having sustained a concussion or other head injury during a Casco Bay athletic activity including but not limited to competition, practice or scrimmage, **must be removed from the ice/game/practice immediately.**
2. **No skater will be permitted to return to the ice/game/practice** or to participate in any other Casco Bay sponsored athletic activity **on the day of the suspected concussion.**
3. **Any skater removed from any training, practice or game if they exhibit any signs, symptoms or behaviors consistent with a concussion or are suspected of sustaining a concussion shall be prohibited from further participation in Casco Bay sponsored games/practices until he/she has been evaluated by a qualified medical provider and received written medical clearance to return to sports.**

Only the [USA Hockey Return to Play Form](#) is acceptable.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season.

And **when in doubt, the skater sits out.**

For current and up-to-date information on concussions you can go to:

<https://www.cdc.gov/headsup/youthsports/index.html>