



ATHLETE HANDOUT TO BE GIVEN TO PARENT/GUARDIAN OF ATHLETE UNDER 18

What is Concussion:

Concussion is a disturbance in brain function caused by direct or indirect forces to the head, face, neck or elsewhere with the force transmitted to the head. A player does not have to be knocked unconscious to have a concussion, with loss of consciousness seen in only 10-15% of concussions.

Recovery time is variable across individuals, therefore you will need monitoring by a responsible adult. You should not be left alone for the first 1-2 hours, and should be monitored for the next 48 hours, unless your treating physician says otherwise.

If you notice any change in behaviour, vomiting, worsening headache, double vision or excessive drowsiness, please telephone your doctor or the nearest hospital emergency department immediately.

Until cleared by your physician you should:

- Not drink alcohol
- Not use recreational drugs
- Not take certain prescription medications including sedative medications, aspirin, anti-inflammatory medication, or strong pain relievers
- Not drive

Return to sport process:

The return to sport process will take a minimum of fourteen days following resolution of your symptoms.

Most people will recover from concussion within 10-14 days. However, recovery will vary from person to person, and from injury to injury. Your physician will guide your concussion rehabilitation process.

Rest is required immediately following a concussion for 48 hours (unless symptoms persist beyond this point). Rest should be both physical and mental and should not provoke symptoms. If your symptoms have resolved following 48 hours of rest, the return to play protocol can commence.

Stage	Activity	Goal of Each Stage
1. Daily activities while remaining symptom-free	Daily activities that do not provoke symptoms	Gradually reintroduce work or school activities
2. Light aerobic exercise	Walking, swimming or stationary cycling at a slow to medium pace. No strength or weight training.	Increase heart rate
3. Sport-specific exercise	Running drills in football or skating drills in ice hockey. No activities with head impact	Add movement
4. Non-contact training drills	Harder training drills. e.g passing etc. Start progressive strength or weight training.	Exercise, coordination, and mental load
After receiving medical clearance		
5. Full contact training	Normal training activities	Restore confidence and assess skills by coach
6. Return to play	Normal game play	

Each stage of progression should take at least 48 hours. If any symptoms worsen during exercise, the athlete should go back to the previous stage. Strength or weight training should be added only in the later stages (3 or 4 at the earliest). If symptoms persist more than four weeks then a referral to a medical practitioner with expertise in concussion management should be considered.

A doctor's clearance is required before you are to return to sport. You have been given a Medical Clearance Form which is for your physician to complete and sign when they feel you are ready to return to competition.