



REMOVE-FROM-SPORT PROTOCOL SUMMARY

STEP 1 (REMOVE): A suspected concussion has been identified and player is removed from play. Coaches hold the final decision to remove players with a suspected concussion.

STEP 2 (REPORT): Coach completed "Suspected Concussion Report" (Ref: BCSA-FORM-005) and provides a copy to:

Parent/ Guardian AND recommend they see a medical doctor/ nurse practitioner immediately.

Association President/ Vice-President

STEP 3 (REFER): *Seeing a medical doctor or nurse practitioner for medical assessment.

If player is experiencing any general concussion symptoms:

Physical: Headaches, nausea, dizziness, sensitivity to light and noise

Metal: Fogginess and difficulty thinking, feeling slowed down, difficulty concentrating and remembering

Sleep: Sleeping more or less than usual, difficulty falling asleep and staying asleep

Emotional and Behavioral: Sadness, anger, Frustration, nervousness/ anxious, irritable

If player is experiencing "red flag" symptoms:

- Severe or increasing headache
- Double vision
- Weakness or tingling/ burning in arms/ legs
- Neck pain or tenderness
- Loss of consciousness
- Deteriorating conscious state
- Seizure or convulsion
- Repeated vomiting
- Increasingly restless, agitated, or combative

Schedule an appointment immediately with a medical doctor/ nurse practitioner. ***Go to nearest Emergency Department, if "red flag" symptoms appear.**

Call 9-1-1 immediately to go to nearest Emergency Department.

STEP 4 (ASSESSMENT): Was a concussion diagnosis received at medical or emergency appointment?

YES

Parents send medical documentation of diagnosis to coach. Coach will provide a copy to soccer Association representative.

NO

Parent monitors player for 24-72 hours in cause symptoms appear or worsen.

STEP 5 (RECOVER): Enter Stage 1 of "Return to Sport Protocol" (Ref: BCSA-FORM-004)

Parents send medical documentation of NO diagnosis to coach at least 24-hours before returning to full game play.

Coach sends to soccer Association representative prior to player returning to full game play.

This process pathway is to be followed to support appropriate medical diagnosis and care. This is aligned with best-practice-guidelines and can be used to support the remove, refer, report, and recover sections of the Canada Soccer Concussion Policy.