

Sport Medicine Council of Alberta 11759 Groat Road Edmonton Alberta T5M 3K6 780-415-0812 www.sportmedab.ca

## **Concussion Action Plan (CAP)**

## RED FLAG Signs and Symptoms

- Blocked airway / Not breathing
- Poor circulation
- Loss of consciousness
- Headaches that worsen
- Seizures
- Memory Loss
- Looks drowsy or cannot be awakened
- Repeated vomiting
- Slurred speech
- Cannot recognize people or places
- Increase confusion; unusual behavior change; irritability
- Weakness or numbness in arms or legs
- Neck Pain
- Double Vision

Signs and Symptoms of a

## Concussion

- Headache
- Dizziness
- Blurry Vision
- Feeling "slowed down" or "dazed"
- Sensitivity to light and sound
- Difficulty concentrating
- Difficulty with balance maneuvers
- General confusion
- Difficulty orienting to time and place
- Not feeling like yourself

Suspected Head Injury/Concussion

## STOP ACTIVITY/GAME PLAY

(remove from activity space if safe and able)

Assess for RED FLAG signs and symptoms

RED FLAGS PRESENT

CALL 911 (DO NOT move individual or remove helmet) Continue to monitor for red flags for 48 hours Red Flags not present

Get assessed by a physician in a timely manner (less than 48 hours)

Diagnosed Concussion

Guided concussion management by healthcare practitioner (refer to Return to Learn/ Return to Play Guidelines)

Cleared by physician prior to contact or full participation in sport or recreation

- If at any time it is suspected that an individual has sustained a concussion, immediately stop all activity. Do not move the individual.
- ACA defines suspected concussion as the recognition that an individual appears to have either experienced an injury or impact that may result in a concussion, or is behaving unusually that may be a result of concussion. Please note that concussions can occur from an impact to the head, face, body or no impact at all.
- Concussion may happen in organized sport, unorganized sport, physical education classes, recreational activities. Symptoms can be delayed up to 48 hours.
- When concussion symptoms are present, the injured individual should not take any medication.
- When monitoring the individual, look for red flag and concussion symptoms, as well as symptom severity.



