



CONCUSSION COMMUNICATION FORM

Name of Athlete: _____ Date: _____

Team: _____ Team Contact: _____

Member Organization or Entity: _____

The above athlete displayed signs, symptoms or behaviours consistent with a concussion following an observed or suspected hit to the head or body.

Observed: _____

Not observed but reported: _____

The athlete's current complaints are:

SIGNS (Observed by Others)	SYMPTOMS (Reported by Athlete)
<input type="checkbox"/> Unsure about time, date, place, score, opponent <input type="checkbox"/> Seems confused <input type="checkbox"/> Cannot remember things that happened before or after the injury <input type="checkbox"/> Forgets instructions <input type="checkbox"/> Appears dazed and stunned <input type="checkbox"/> Poor coordination or balance <input type="checkbox"/> Slow to answer questions or follow directions <input type="checkbox"/> Strange or inappropriate emotions (laughing, crying, getting mad easily) <input type="checkbox"/> Poor concentration or easily distracted <input type="checkbox"/> Slurred speech <input type="checkbox"/> Any loss of consciousness	<input type="checkbox"/> Headache or pressure in head <input type="checkbox"/> Dizziness <input type="checkbox"/> Feels dazed, foggy or hazy <input type="checkbox"/> Nausea or vomiting <input type="checkbox"/> Double vision or blurry vision <input type="checkbox"/> Ringing in ears <input type="checkbox"/> Sensitivity to light or noise <input type="checkbox"/> Feels sluggish or fatigued <input type="checkbox"/> Problems concentrating <input type="checkbox"/> Problems remembering <input type="checkbox"/> Just doesn't feel right

This athlete is suspected of having suffered a concussion and, as per the SSA Concussion Management Policy, has been removed from play. This athlete must receive follow up care from a healthcare professional. Medical clearance is required for return to activity.

Concussion symptoms differ with each person and with each injury. Signs and symptoms of concussion can show up right after the injury, or may not be noticeable for hours or days. Recovery time is variable across individuals. The athlete will need monitoring for a further period by a responsible adult. The athlete should have cognitive and physical rest. Athletes should go to the doctor immediately if they have worsening symptoms such as:

Being more confused
 Very drowsy or can't be awakened
 Having a seizure
 Repeated vomiting
 Slurred speech

Strange behaviour, irritable
 Headache that is getting worse
 Can't recognize people or places
 Having trouble walking, unsteady
 Weak or numb arms or legs

For additional information on concussion, refer to the Sports Medicine and Science Council of Saskatchewan at www.smscs.ca.



What is a concussion?

A concussion is an injury to the brain. It is not an injury that can be seen. Concussion affects how the brain works. It is a functional problem not a structural problem. Like a computer, it is a problem with the software, not the hardware. It results in physical, emotional and cognitive symptoms. Concussion symptoms differ with each person and with each injury.

What do I do if I have a concussion?

If you suspect you have a concussion you must see a healthcare professional. You should rest both cognitively and physically. You may be advised to not go to school, and you cannot return to physical activity until you are cleared by a healthcare professional.

- Refrain from alcohol, tobacco and caffeine
- Use medications only as prescribed by your physician
- Do not drive until medically cleared
- Get lots of rest: Cognitive
 - Attending class may also aggravate symptoms. Return to academics with medical approval. Avoid activities that involve a lot of concentration if they exacerbate symptoms (studying, working on the computer, playing video games, texting, watching practice, reading, watching television, loud music/noises).
 - If you are sensitive to light or noise, resting in a quiet, dark room may be helpful.
- Get lots of rest: physical
 - Do not train or play sports without medical approval
 - No resistance training
 - Avoid participation in physical exercises (i.e. swimming lessons, bike riding, etc.) including physical education class until medical approval
 - Avoid heavy lifting at work and home
 - Limit activities to those that do not aggravate symptoms
- Be sure to report any changes in your symptoms to a healthcare professional

Most athletes will recover from a concussion in about 7-10 days, but a small percentage will take longer. You can expect that you will modify both physical activity and school while you have symptoms.

As long as you have symptoms, do not return. Once you are symptom free your health care professional will clear you to begin a return to play protocol. You will safely progress through the stages while under the supervision of your healthcare professional. Any time symptoms reappear, you will return to rest until you are symptom free again.

When can I return to play?

You should not return to play the same day of injury. Upon medical clearance, you will follow the [six step return to play guideline](#) under the direction and supervision of a healthcare professional.

For additional information on the SSA Concussion Policy please see the SSA website page [Player and Coach Safety Information](#).