



CONCUSSION MANAGEMENT PLAN

Saskatoon Adult Soccer recommends that players be aware of the signs of concussions.

The following elements should be assessed for all athletes who are suspected of having a concussion.

If any of the Red Flags are noted after receiving high force to the body or a direct or indirect blow to the head, the athlete should, if able, be immediately and safely removed from participation and evaluated by a physician or licensed healthcare professional.

ASSESSMENT STEPS

STEP 1: RED FLAGS

- | | |
|--|---------------------------------------|
| 🚩 Neck pain or tenderness | 🚩 Vomiting |
| 🚩 Double vision | 🚩 Seizure or convulsion |
| 🚩 Severe or increasing headache | 🚩 Confusion |
| 🚩 Increasingly restless, agitated, combative | 🚩 Deteriorating/loss of consciousness |
| 🚩 Weakness or tingling / burning in arms or legs | 🚩 Balance issues |

STEP 2: OBSERVABLE SIGNS

Lying motionless on the playing surface

Balance / gait difficulties / motor incoordination: stumbling, slow / laboured movements

Disorientation / confusion / inability to respond appropriately to STEP 3 questions

Blank or vacant look

Facial injury after head trauma

STEP 3: MEMORY ASSESSMENT QUESTIONS

What happened?

Which soccer centre are we at today?

Which half is it now?

Are we winning?

What team did you play last week / game?

What day of the week is it?

This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of your physician or other qualified health provider with any questions you may have regarding concussions or any other medical conditions.

STEP 4: MONITOR FOR 2-4 HOURS FROM INCIDENT

The first 2-4 hours from the incident is often when symptoms appear. Monitor for the following:

Headache / Pressure	Blurred Vision	More emotional / Sadness / Anxious
More Irritable	Neck Pain	Sensitivity to Light or Noise
Balance Issues	Drowsiness / Fatigue	Dizziness
Difficulty Remembering	Difficulty Concentrating	Do not Feel Right / Foggy

STEP 5: RECOMMENDATIONS FOR 2-4 HOURS FROM INCIDENT

Do not leave athlete alone!

Do not drink!

Do not allow them to go home alone!

Do not drive!

Do not use recreational or prescription drugs!

If symptoms are present, we recommend you seek advice from a healthcare professional.

ADDITIONAL INFORMATION

Play should not resume for at least 24 hours.

Most adults tend to heal within 10 – 21 days.

Children typically take longer to heal (14 – 28 days).

Continuing to partake prior to being healed will prolong symptoms.

Subsequent concussions may take longer to heal. Concussions and their effects are cumulative.

A hit to the head is not the only way to be concussed. The force of being hit elsewhere may also cause a concussion.

RESOURCES

Please review the following sites and pages for additional information:

https://casem-acmse.org/wp-content/uploads/2018/06/bjsports-2017-097508CRT5.full1_.pdf

<https://coach.ca/concussion-awareness>

<https://parachute.ca/en/professional-resource/concussion-collection/canadian-guideline-on-concussion-in-sport/>

<https://parachute.ca/en/injury-topic/concussion/>

<https://casem-acmse.org/resources/canadian-concussion-collaborative/>

<https://www.smscs.ca/programs-services/concussion/>

Flow Chart: <http://www.smscs.ca/wp-content/uploads/2017/06/SMSCS-Concussion-Action-Plan-Flow-Chart-JUNE-1-2017.pdf>

Action Plan Example: <http://www.smscs.ca/wp-content/uploads/2017/06/SMSCS-Emergency-Action-Plan-JUNE-1-2017.pdf>