

# Pocket Concussion Awareness and Protocol Tool



How to identify a concussion in children and adults.

## When should you suspect a concussion?

- Loss of consciousness or responsiveness
- Lying motionless on ground / Slow to get up
- Unsteady on feet / Balance issues / Incoordination
- Holding Head
- Dazed look
- Confusion / Unaware of events

## What are the signs and symptoms of a concussion?

- Memory difficulties
- Neck pain
- Sadness
- Balance issues
- Sensitivity to noise
- Headaches
- Nausea
- Vomiting
- Double Vision
- Short attention span
- Slow reaction time
- Slurred speech
- Abnormal mental behavior
- Confusion
- Difficulty answering questions
- Seizures
- Loss of consciousness
- Abnormal physical behavior
- Fatigue
- Dizziness
- Difficulty concentrating
- Weakness
- Sensitivity to light
- Blurriness
- Drowsiness
- Irritability

# What is the new ENYYSA Protocol?

Whenever a player's head is injured, regardless of whether the collision was with an opponent, teammate, or an object on the field such as a goal post, the safety of that player is of prime concern. Any youth player who is suspected of sustaining a concussion or injury in a practice or game shall be immediately removed from the game. The player's pass will be retained by the referee and submitted along with the game report to your league office. Player's may return to play with clearance from a medical doctor.

## Is emergency treatment needed?

If ANY of the following are reported then the player should be safely removed from the field. If no qualified medical professional is available, consider transporting via. ambulance for urgent medical assessment:

- Spine or neck injury
- Behavior patterns change
- Unable to recognize people/places
- Less responsive than usual
- Deteriorating conscious state
- Seizures
- Double vision
- Repeated vomiting
- Headaches that worsen
- Very drowsy
- Increased confusion
- Weakness / numbness in arms and legs

\*Do not attempt to move an unconscious player (other than required for airway support) unless trained to do so. Remember to follow the basic principles of first aid.\*

