STEP 1: A suspected concussion has been identified and player is removed from play
*Head coach or team trainers hold the final decision to remove players with a suspected concussion*

STEP 2: Head Coach or Trainer completes *Suspected Concussion Report Form* and sends copy to:

1) Parent/Guardian AND recommend they seek medical assessment immediately
2) NYKHA Safety & Health Co-ordinator: Steve Horvath

STEP 3: See a medical doctor or nurse practitioner for medical assessment*

**If player is experiencing any ‘Red Flag’ Symptoms:**
- Headaches that worsen
- Seizures
- Repeated vomiting/can’t be awakened
- Unusual behavioural change
- Slurred speech
- Can’t recognize people or places
- Increasing confusion or irritability
- Weakness or numbness in arms/legs
- Persistent or increasing neck pain
- Change in stage of consciousness
- Focal neurologic signs (e.g. paralysis, weakness, etc.)

**If player is experiencing any general concussion symptoms:**
- Physical: Headaches, nausea, dizziness, sensitivity to light and noise
- Mental: 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 Behavioural: Sadness, anger, frustration, nervousness/anxious, irritable

*Medical assessment must be done by:*
- Family physician, pediatrician, emergency room physician, sports-medicine physician, neurologist or nurse practitioner.
- Documentation from any other source will not be acceptable

Call 911 immediately to go to nearest Emergency Department

Schedule an appointment with a medical doctor or NP immediately*. Go to nearest Emergency Department if ‘Red Flag’ symptoms appear.

STEP 4: Was a concussion diagnosis received from medical assessment?

Yes ➔ Parent monitors for 24-72 hours in case symptoms appear or worsen ➔ Send medical documents of no concussion to head coach/trainer, to send to NYKHA Safety Co-ordinator BEFORE on-ice ➔ Receive clearance from NYKHA Safety Co-ordinator ➔ Return to game play

No ➔ Send medical documentation to head coach/trainer, to send to NYKHA Safety Co-ordinator

STEP 5: Enter Stage 1 of Return to Play Protocol