



North York Knights Hockey Association Concussion Policy Summary

STEP 1: A Suspected Concussion Has Been Identified And A Player Is Removed From Play

When present, Head Coaches (House League) or Team Trainers (Select/CDS) hold the final decision to remove players with a suspected concussion

If player is experiencing any of these 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

Schedule an appointment with a medical doctor or nurse practitioner immediately.

If player is experiencing any 'Red Flag' Symptoms:

- Headaches that worsen
- Seizures
- Repeated vomiting
- Looks very drowsy/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.)

Call 911 immediately or go to nearest Emergency Department if 'Red Flag' symptoms appear. Schedule an appointment with a medical doctor or NP immediately*.

STEP 2: Head Coach (House League) or Team Trainer (Select/CDS) Completes Suspected Concussion Report Form and Provides a Copy to:

- 1) **Parent/Guardian AND recommends they seek medical assessment immediately**
 - Parent to monitor for 24-72 hours in case symptoms appear or worsen
- 2) [Steve Horvath](#), North York Knights Safety and Health Co-Ordinator

STEP 3: See a Medical Doctor or Nurse Practitioner For Medical Assessment*

***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.

STEP 4: Was A Concussion Diagnosis Received From Medical Assessment?

IF NO Concussion: Provide medical documentation of NO Concussion diagnosis to head coach (House League) or to team trainer (Select/CDS) and to [Steve Horvath](#), North York Knights Safety and Health Co-Ordinator **BEFORE starting** on-ice activity

If YES Concussion: Go to Step 5

STEP 5: Enter Stage 1 of Return to Play Protocol

Send medical documentation of concussion diagnosis to head coach (House League) or team trainer (Select/CDS) and to [Steve Horvath](#), North York Knights Safety and Health Co-Ordinator