

# CONCUSSION CARD

EDUCATION & AWARENESS RESOURCE

## WHAT IS A CONCUSSION?

ANY IMPACT TO THE HEAD, FACE OR NECK OR A BLOW TO THE BODY WHICH CAUSES A SUDDEN JOLTING OF THE HEAD AND RESULTS IN THE BRAIN MOVING INSIDE THE SKULL MAY CAUSE A CONCUSSION.

## WHEN SHOULD I SUSPECT A CONCUSSION?

A CONCUSSION SHOULD BE SUSPECTED IN ANY ATHLETE WHO SUSTAINS A SIGNIFICANT IMPACT TO THE HEAD, FACE, NECK, OR BODY AND REPORTS ANY SYMPTOMS OR DEMONSTRATES ANY VISUAL SIGNS OF A CONCUSSION.

## WHAT SHOULD I DO IF I SUSPECT A CONCUSSION?

IF ANY ATHLETE IS SUSPECTED OF SUSTAINING A CONCUSSION DURING SPORT THEY SHOULD BE IMMEDIATELY REMOVED FROM PLAY, AND SHOULD NOT RETURN TO THE PRACTICE OR GAME.

THE ATHLETE SHOULD BE REFERRED TO A LICENSED MEDICAL PROFESSIONAL AND FOLLOW THE CONCUSSION PROTOCOL BEFORE SAFELY RETURNING TO PLAY.



**ALL PLAYERS WHO ARE SUSPECTED OF HAVING A CONCUSSION MUST BE SEEN BY A PHYSICIAN AS SOON AS POSSIBLE. A CONCUSSION IS A BRAIN INJURY.**

## KEY STEPS

1. RECOGNIZE AND REMOVE THE ATHLETE FROM PLAY
2. DO NOT LEAVE THE ATHLETE ALONE, MONITOR SYMPTOMS
3. DO NOT ADMINISTER MEDICATION UNLESS ESSENTIAL [E.G., INSULIN]
4. INFORM A COACH, PARENT OR GUARDIAN
5. HAVE PLAYER EVALUATED BY A MEDICAL DOCTOR

## SIGNS & SYMPTOMS

HEADACHE  
DIZZINESS  
TIREDNESS  
IRRITABILITY  
DISORIENTATION  
SENSITIVITY TO LIGHT  
RINGING OF THE EARS  
POOR CONCENTRATION  
DELAYED RESPONSES

**IF ANY OF THE FOLLOWING ARE OBSERVED, IMMEDIATE ASSESSMENT BY A PHYSICIAN IS REQUIRED**

**VOMITING  
SEIZURE OR CONVULSION  
DETERIORATING CONSCIOUS STATE  
LOSS OF CONSCIOUSNESS**



**FOR INFORMATION ON SOFTBALL CANADA'S RETURN TO PLAY POLICY VISIT  
SOFTBALL.CA/CONCUSSIONS**