

What causes a concussion?

Any blow to the head, face or neck, or a blow to the body which causes a sudden jarring of the head may cause a concussion (e.g., hitting their head on the ice, colliding with another player, being checked into the boards).

What should I do if I think a player might have a concussion?

In all suspected cases of concussion, the player should stop playing right away. Continuing to play increases their risk of more severe, longer-lasting concussion symptoms, and increases their risk of other injury.

Refer to the Concussion Recognition Tool 5 (CRT5) to help recognize the signs and symptoms of a possible concussion.

The player should not be left alone and should be seen by a doctor as soon as possible that day. Older players who have driver's licences should not drive.

If the player loses consciousness or demonstrates any red flag symptoms, call an ambulance to take them to the hospital right away and initiate your Emergency Action Plan. Do not move them or remove any of their equipment, such as their helmet.

The player should not return to training, practice or gameplay the same day.

How long will it take for the player to get better?

The signs and symptoms of a concussion usually last for one to four weeks, but may last longer. In some cases, it may take many weeks or months for the player to heal. If the player has had a previous concussion, they may take longer to recover. No two concussions are the same. Avoid comparing one player's recovery to another's.

If the player's symptoms are persistent (i.e., last longer than four weeks in youth under 18 years old)

they should be referred to a healthcare professional who is an expert in the management of concussion.

How is concussion treated?

After an initial short period of rest (24 to 48 hours), light cognitive and physical activity can begin, as long as these do not worsen symptoms.

As the player is recovering from a concussion, they should not do any activities that may make their symptoms worse. This might mean limiting activities such as exercising, studying, and screen time on their phone or other devices.

Recovering from concussion is a process that takes patience. Going back to activities before the player is ready is likely to make their symptoms worse, and their recovery may take longer.

When should the player go to the doctor?

Anyone with a possible head injury should be seen by a doctor as soon as possible.

The player should go back to the doctor immediately if, after being told they have a concussion, they have worsening symptoms, such as:

- being more confused
- headache that is getting worse
- vomiting more than twice
- not waking up
- having any trouble walking
- having a seizure
- strange behaviour

When can the player return to school?

On average, students with a concussion miss one to four days of school. Each concussion is unique,

others.

- **Do not** return to play until cleared by a medical professional.
- **Do not** return to play until symptoms have completely resolved.
- **Do not** return to play until you are symptom-free for 24 hours.
- **Do not** return to play until you are symptom-free for 72 hours.
- **Do not** return to play until you are symptom-free for 7 days.
- **Do not** return to play until you are symptom-free for 14 days.
- **Do not** return to play until you are symptom-free for 28 days.

When can the player return to sport?

When can the player return to sport? The player should only return to sport when they are symptom-free for a period of 24 hours. If symptoms return during the return to play process, the player should not return to sport until they are symptom-free for a further 24 hours. This process should be repeated until the player is symptom-free for 72 hours. If symptoms return during this period, the player should not return to sport until they are symptom-free for a further 72 hours. If symptoms return during this period, the player should not return to sport until they are symptom-free for a further 72 hours. If symptoms return during this period, the player should not return to sport until they are symptom-free for a further 72 hours.

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Stage 1: Return to play should only be considered when the player is symptom-free for a period of 24 hours.

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Ensure

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How can I help players prevent concussions?

How can I help players prevent concussions? The best way to prevent concussions is to ensure that players are wearing their helmets correctly. Coaches should ensure that players are wearing their helmets correctly and that they are using proper technique when playing. Players should also be encouraged to take breaks during play to rest their eyes and avoid fatigue. Proper nutrition and hydration are also important for preventing concussions. Players should be encouraged to eat a healthy diet and stay hydrated during play. Proper rest and recovery are also important for preventing concussions. Players should be encouraged to get enough sleep and to avoid alcohol and recreational drugs. Proper conditioning and strength training are also important for preventing concussions. Players should be encouraged to follow a regular exercise routine and to use proper technique when lifting weights. Proper technique when playing is also important for preventing concussions. Players should be encouraged to use proper technique when playing and to avoid dangerous plays. Proper technique when playing is also important for preventing concussions. Players should be encouraged to use proper technique when playing and to avoid dangerous plays.

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Helmets do not prevent concussions

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