



GTHL Concussion Policy Summary

STEP 1: A suspected concussion has been identified and player is removed from play
When present, team trainers hold the final decision to remove players with a suspected concussion

STEP 2: Trainer completes GTHL Suspected Concussion Report Form and provides a copy to:

1) Parent/Guardian AND recommend they seek medical assessment immediately

2) GTHL Office: MFATA@GTHLCANADA.COM
Fax: 416- 636-2035

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

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.)

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, physiatrist 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

No

Send medical documentation of diagnosis to team trainer to send to GTHL office

STEP 5: Enter Stage 1 of GTHL Return to Play Protocol

Parent monitors for 24-72 hours in case symptoms appear or worsen

Send medical documentation of no diagnosis to team trainer to send to GTHL office **BEFORE** on-ice activity

Receive clearance from team trainer

Return to game play