



# Concussion Information

The standard of care for the Saugerties Youth Hockey Association requires that any athlete with a suspected concussion is immediately removed from play.

A player with any symptoms or signs; disorientation; impaired memory, concentration, balance or recall has a concussion.

Remember these steps:

1. Remove immediately from play (training, practice or game)
2. Inform the player's coach/parents
3. Refer the athlete to a qualified health-care professional
4. Initial treatment requires physical and cognitive rest
5. The athlete begins a graded exertion and schoolwork protocol.
6. Medical clearance is required for return to play

## Diagnosis

Players, coaches, parents and health care providers should be able to recognize the symptoms and signs of a concussion:

### Symptoms

- Headache
- Nausea
- Poor balance
- Dizziness
- Double vision
- Blurred vision
- Poor concentration
- Impaired memory
- Light Sensitivity
- Noise Sensitivity
- Sluggish
- Foggy
- Groggy
- Confusion

### Signs

- Appears dazed or stunned
- Confused about assignment
- Moves clumsily
- Answers slowly
- Behavior or personality changes
- Unsure of score or opponent
- Can't recall events after the injury
- Can't recall events before the injury



## SYHA Concussion Protocol

1. If the player is unresponsive- call for help & dial 911

2. If the athlete is *not breathing*: start CPR

- DO NOT move the athlete
- DO NOT remove the helmet
- DO NOT rush the evaluation

3. Assume a neck injury *until proven otherwise*:

DO NOT have the athlete sit up or skate off until you have determined:

- no neck pain
- no pain, numbness or tingling
- no midline neck tenderness
- normal muscle strength
- normal sensation to light touch

4. If the athlete is conscious & responsive without symptoms or signs of a neck injury

- help the player off the ice to the locker room
- perform an evaluation
- do not leave them alone

5. Evaluate the player in the locker room:

- Ask about concussion **symptoms** (How do you feel?)
- Examine for **signs**
- Verify **orientation** (What day is it?, What is the score?, Who are we playing?)
- Check **immediate memory** (Repeat a list of 5 words)
- Check **delayed recall** (repeat the previous 5 words after 5-10 minutes)
- Test **concentration** (List the months in reverse order)
- Test **balance** (have the players stand on both legs, one leg and one foot in front of the other with their eyes closed for 20 seconds)



6. A player with any symptoms or signs, disorientation, impaired memory, concentration, balance or recall has a concussion.

## **“When in doubt, sit them out”**

- Remove immediately from play (training, practice or game)
- Inform the player's coach/parents
- Refer the athlete to a qualified health-care professional
- Medical clearance is required for return to play

7. If any of the signs or symptoms listed below develop or worsen: go to the hospital emergency department or dial **911**.

<ul style="list-style-type: none"><li>• Severe throbbing headache</li><li>• Dizziness or loss of coordination</li><li>• Memory loss or confusion</li><li>• Ringing in the ears (tinnitus)</li><li>• Blurred or double vision</li><li>• Unequal pupil size</li><li>• No pupil reaction to light</li><li>• Nausea and/or vomiting</li></ul>	<ul style="list-style-type: none"><li>• Slurred speech</li><li>• Convulsions or tremors</li><li>• Sleepiness or grogginess</li><li>• Clear fluid running from the nose and/or ears</li><li>• Numbness or paralysis (partial or complete)</li><li>• Difficulty in being aroused</li></ul>
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8. An athlete who is *symptomatic* after a concussion initially requires **physical** and **cognitive rest**.

- A concussed athlete should not participate in physical activity, return to school, play video games or text message if he or she is having symptoms at rest.
- Concussion symptoms & signs *evolve over time*- the severity of the injury and estimated time to return to play are unpredictable.

9. A qualified health care provider guides the athlete through a **Functional Return to School/Play protocol**.