



Remove-from-sport protocol summary

REMOVE: A suspected concussion has been recognized and player is removed from play. Trainers hold the final decision to remove players with a suspected concussion.

REPORT: Trainer completes *Suspected Concussion Report Form*. Provides copy to:

Parent/Guardian and recommend they seek medical assessment as soon as possible

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

REFER: Seeing a medical doctor or nurse practitioner for medical assessment*

If player is experiencing any 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

If player is experiencing any 'Red Flag' Symptoms:

- Severe or increasing headache
- Double vision
- Weakness or tingling/burning in arms/legs
- Neck pain or tenderness
- Loss of consciousness
- Deteriorating conscious state
- Seizure or convulsion
- Repeated vomiting
- Increasingly restless, agitated or combative

*Includes: Family Physician, Pediatrician, Sports-Medicine Physician, Physiatrist, Neurologist or Nurse Practitioner. Recommended [Medical Assessment Letter](#) template found in *Parachute's Canadian Guideline for Concussion in Sport*.

Schedule an appointment as soon as possible with a medical doctor/nurse practitioner.* Go to nearest Emergency Department if 'Red Flag' symptoms appear

Go to nearest Emergency Department

ASSESSMENT: Was a concussion diagnosis received at medical or emergency appointment?

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

Yes

No

Parent monitors for 24-48 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

RECOVERY AND GRADUAL RETURN-TO-SPORT: Enter Stage 1 of *return-to-sport protocol*

Return to game play