REMOVAL FROM PLAY PROTOCOL

ROWAN'S LAW

REMOVE: A suspected concussion has been recognized and participant is removed from activity. The designate holds the final decision to remove players with a suspected concussion.

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REPORT: Designate completes Removal-from-Play Letter and/or other reporting as required.

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Inform and recommend they seek medical assessment as soon as possible.

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

IF PARTICIPANT 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 PARTICIPANT 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

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**

INITIATE YOUR EMERGENCY ACTION PLAN: Participant should go to the nearest Emergency department

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

YES **NO**

Disclosure of diagnosis to sport designate (i.e. head coach or trainer)

Parent/participant monitors for 24-48 hours in case symptoms appear or worsen

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

Disclosure of no diagnosis to sport designate (i.e. head coach or trainer)

RETURN TO FULL SPORT PARTICIPATION

CAO COACHES ASSOCIATION OF ONTARIO

Made in collaboration with the Holland Bloorview Concussion Centre from the Holland Bloorview Kids Rehabilitation Hospital hollandbloorview.ca/concussion

Ontario