



## Tri Area Skating Club follows Skate Canada's Concussion Protocol

In summary, it states that if a **skater sustains an impact to the head, neck, or face AND demonstrates or reports any of the following symptoms**, they have a suspected concussion and should be removed from the activity immediately and undergo medical assessment as soon as possible. If none of the symptoms are present at the time of the injury, the skater can continue activities but should be monitored for delayed symptoms for 48 hours. In the event of an injury to the head, neck, or face, a parent or guardian will be informed about the incident regardless of whether any symptoms are present at the time.

### Possible concussion symptoms:

- Headache
- Pressure in the head
- Balance problems
- Dizziness or disorientation
- Nausea
- Blurred vision
- Sensitivity to light or sound
- Ringing in the ears
- Feeling tired or drowsy
- "Don't feel right"
- Easily upset or angered
- Feeling more emotional
- Sadness
- Nervous or anxious
- Not thinking clearly
- Problems concentrating/focusing
- Difficulty remembering
- Slow/delayed responses to questions
- Feeling like "in a fog"
- Sleeping more/less
- Difficulty falling asleep

Following a suspected concussion and subsequent medical assessment, individuals who are determined to have **NOT** sustained a concussion can return to activities immediately upon providing the club with a Medical Assessment Letter from a registered medical professional. Individuals who **ARE** diagnosed with a concussion should follow a gradual return to activities as indicated by their physician.

If a skater exhibits any of the following **severe symptoms**, emergency medical attention should be sought immediately:

- Loss of consciousness
- Growing confusion, decreasing responsiveness, or drowsiness
- Neck pain
- Loss of vision or double vision
- Seizures
- Weakness or tingling in arms or legs
- Vomiting
- Worsening headache or pressure in the head
- Bleeding or fluid leaking from the ears, eyes, or nose
- Increasingly restless, agitated, or combative
- Visible deformity of the skull