**What is a Concussion?**

Sport Related Concussion (SRC) is a traumatic brain injury induced by biomechanical forces (Berlin 2016). Concussion may be caused be caused by either a direct blow to the head or by an indirect force transmitted to the head such as a hit to the jaw. A concussion typically results in the rapid onset of short lived impairment of neurological function, however, symptoms may evolve over a number of minutes to hours. Because of this evolving process, it is not possible to rule out a concussion when an injury occurs associated with even very brief or transient symptoms, including but not limited to headache, dizziness, nausea, blurred vision, difficulty remembering or processing, personality changes, sensitivity to light or noise.

As always, a concussive incident/head injury that results in unconsciousness, severe signs/symptoms or worsening signs/symptoms is treated via activation of the team EAP and entry into the Emergency Medical System. A flow chart detailing management of non-emergency management of concussive injury is included on the reverse side of this handout.

**What is Baseline Testing?** A baseline concussion test is used to establish an athlete’s physical and cognitive performance capabilities at the beginning of a season before the athlete has sustained any injuries. After a concussion injury and after significant symptoms have resolved, the athlete may be tested again to help determine readiness for return to activity. Although return to play is primarily symptom driven, baseline testing provides another tool for effective concussion management. SCAT 5 is the current concussion assessment tool used by most physicians/health professionals to assess athletes with a suspected concussion. For this reason, baseline testing using the SCAT 5 is being used for hockey players who are part of Woolwich Minor hockey this season. The baseline testing carried out at WPT consists of 3 parts: a brief concussion history questionnaire, a cognitive assessment section and a balance test section. The sole purpose of these tests is to attain a baseline score for use IF an athlete suffers a concussion during the upcoming hockey season. Each athlete/parent will be provided with a copy of the SCAT baseline scores determined at the pre-season baseline testing session. These scores should be kept in a safe place and taken to the treating health professional if your athlete is being assessed for possible concussion. The original baseline testing forms will be confidential and will be stored at Woolwich Physiotherapy.

Following a suspected concussion it is necessary to seek physician assessment. As well, we are advising you to contact us at Woolwich Physiotherapy to facilitate the pathway for concussion management and to carry out SCAT retesting. Health professionals from WPT will be liaising with both the involved physicians and the coaches/ trainers from WMH in regards to sport specific elements of the step-wise return to play protocol to assure safe and timely return to play.

**Concussion Resources**

Parachute www.parachutecanada.org

Hockey Canada website or Hockey Canada app(in the App store)

**Concussion Management Pathway**

Pre-season baseline testing/education carried out.

Safety checklist in place.

Concussive Incident

Concussion suspected

Trainer or coach remove athlete from play or practice. Do not leave player alone.

Advise parent/guardian to have athlete assessed by a physician. Advise parent to call WPT to report injury and set up baseline retesting.

Waterloo Sports Medicine-510-746-2220

GRSM: 519-571-7111 Or 519-804-9164

Family Dr.

Emerg/urgent care

Return to Learn

Return to Play Protocol-six steps as per SCAT 5 guidelines

SCAT repeated before return to ice at discretion of health care provider

|  |  |
| --- | --- |
| **Baseline Scores** | Child SCAT5 |
| Name: | Date: |
| Immediate Memory | / |
| Concentration | / 6 |
| BESS Errors (Balance) |  |
| Delayed Recall | / |

Physician note required to be given to trainer before return to on ice contact or full non contact practice.

Safe return to hockey!