



# ASANTE ELITE

## CONCUSSION RETURN TO PLAY PROTOCOL

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### What is a concussion?

A concussion is a neurologic injury which causes a temporary disturbance in brain cells that comes from and is the result of an extreme acceleration or deceleration of the brain within the skull. The common misconception is that you must be hit in the head to cause a concussion injury – this is not true! Because a concussion is the result of acceleration or deceleration of the brain, a concussion can happen with a significant blow to anywhere on the body, provided sufficient acceleration/deceleration is transmitted to the brain tissue, head or face, there may be no other visible signs of a brain injury. It can cause changes in the brain that may not be seen in a CT scan or X-Ray. Balance, reaction time and cognitive skills can also be impacted.

### What are the signs and symptoms of a concussion?

Symptoms of a concussion range from mild to severe and can last for or appear within hours, days, weeks, or even months. In some cases there may be no symptoms at all. If you suspect a concussion, or notice any of the symptoms listed below, contact your doctor immediately. In severe cases, proceed to an Urgent Care Centre or Emergency Room immediately.

#### Visible Symptoms

<ul style="list-style-type: none"><li>• Loss of consciousness or responsiveness</li></ul>	<ul style="list-style-type: none"><li>• Loss of motion / slow to rise</li></ul>
<ul style="list-style-type: none"><li>• Unsteady on feet / balance issues</li></ul>	<ul style="list-style-type: none"><li>• Grabbing / clutching head</li></ul>
<ul style="list-style-type: none"><li>• Dazed, vacant or blank look</li></ul>	<ul style="list-style-type: none"><li>• Vomiting</li></ul>
<ul style="list-style-type: none"><li>• Disoriented</li></ul>	<ul style="list-style-type: none"><li>• Bleeding from nose / ears</li></ul>
<ul style="list-style-type: none"><li>• Sensitivity to light</li></ul>	<ul style="list-style-type: none"><li>• Unequal pupils (eye)</li></ul>
<ul style="list-style-type: none"><li>• Seizures or convulsions</li></ul>	<ul style="list-style-type: none"><li>• Deteriorating conscious state</li></ul>

#### Non-Visible Symptoms

<ul style="list-style-type: none"><li>• Confusion / disorientation</li></ul>	<ul style="list-style-type: none"><li>• Complaints of pain / headache</li></ul>
<ul style="list-style-type: none"><li>• Complaints of dizziness / nausea</li></ul>	<ul style="list-style-type: none"><li>• Complaints of fuzzy / blurred vision</li></ul>
<ul style="list-style-type: none"><li>• Inability to concentrate</li></ul>	<ul style="list-style-type: none"><li>• Easily upset / angered (emotional)</li></ul>
<ul style="list-style-type: none"><li>• Nervous / anxious</li></ul>	<ul style="list-style-type: none"><li>• Complaints of tingling / burning feeling in arms &amp; legs</li></ul>
<ul style="list-style-type: none"><li>• Tired / sleeping more or less than usual</li></ul>	<ul style="list-style-type: none"><li>• Memory loss – unable to remember events leading up to incident</li></ul>
<ul style="list-style-type: none"><li>• Trouble falling asleep</li></ul>	

\* Please note that complaints of neck pain should be addressed immediately as a head injury may also result in a neck / spinal injury