



St. Catharines Club Roma Soccer - Concussion Return to Play Protocol

Updated January 2020

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

- Loss of consciousness or responsiveness
- Loss of motion / slow to rise
- Unsteady on feet / balance issues
- Grabbing / clutching head
- Dazed, vacant or blank look
- Vomiting
- Disoriented
- Bleeding from nose / ears
- Sensitivity to light
- Unequal pupils (eye)
- Seizures or convulsions
- Deteriorating conscious state

Non-Visible Symptoms

- Confusion / disorientation
 - Complaints of pain / headache
 - Complaints of dizziness / nausea
 - Complaints of fuzzy / blurred vision
 - Inability to concentrate • Easily upset / angered (emotional)
 - Nervous / anxious
 - Tired / sleeping more or less than usual
 - Complaints of tingling / burning feeling in arms & legs
 - Trouble falling asleep
 - Memory loss – unable to remember events leading up to incident
- * Please note that complaints of neck pain should be addressed immediately as a head injury may also result in a neck / spinal injury

SCRoma Emergency Protocol – Suspected Player Concussion

A player showing any signs/symptoms as listed above or other known symptoms must be removed from play immediately. All Coaches/Trainers are required to be familiar with all symptoms and follow the Club's protocol without question. The player is not to re-enter the game or practice.

In the event of a loss of consciousness:

- ✓ call 911 for assistance immediately. Do not move the player unless absolutely necessary for safety reasons.
- ✓ Ensure that a member of the team staff stays with the player.
- ✓ Notify any family members immediately if they are present.

The player must be evaluated by a physician prior to returning to play. Documentation from the physician is required. Average recovery period is 10 -14 days, but can sometimes longer. • Graduated "Return to Play process" as per Ontario Soccer guidelines. • Coaches must complete required injury report and submit to Administration within 24 hrs of the incident.

St. Catharines Club Roma Soccer - Return to Play Stages Protocol as per Ontario Soccer Policy (Return to Soccer Strategy)

This is a multi-part process that requires supervision from the player’s health care provider at each stage. Depending on the severity and type of the symptoms, players may progress through the following stages at different rates. Stages 2-4 should each take a minimum of 24 hours in adults, and longer in those 18 years and under. If the player experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage and attempt to progress again after being free of concussion-related symptoms for 24 hour or seek medical attention.

- STAGE 0 REST, No Activities.
- STAGE 1 Symptom Limited – Daily activities that do not provoke symptoms.
- STAGE 2 Walking, light jogging, swimming,
- STAGE 3 Non contact training drills - Passing / movement
- STAGE 4 Full contact practice - Normal training cycle
- STAGE 5 Return to play - Normal game play *A minimum of 24 hrs is required between each stage.
- STAGE 6 RETURN TO PLAY

Any recurrence of symptoms requires the player to return to the previous level. OSC Coaches, Assistant Coaches, Managers and Trainers are not authorized to oversee Return to Play processes.

Depending on the severity and type of the symptoms, players may progress through the following stages at different rates. Stages 2-4 should each take a minimum of 24 hours in adults, and longer in those 18 years and under.

If the player experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage and attempt to progress again after being free of concussion-related symptoms for 24 hours or seek medical attention.

	EXERCISE ALLOWED	% MAX HEART RATE	DURATION	OBJECTIVE
STAGE 0 REST	<ul style="list-style-type: none"> Rest NO activities 	No training	< 1-2 Days	Rest
STAGE 1 SYMPTOM LIMITED	<ul style="list-style-type: none"> Daily activities that do not provoke symptoms 		Until concussion symptoms clear	Recovery Symptom free
STAGE 2 LIGHT EXERCISE	<ul style="list-style-type: none"> Walking, light jogging, swimming, stationary cycling or at slow to medium pace NO soccer NO resistance training, weight lifting, jumping or hard running 	< 70%	< 15 min	Increase heart rate
STAGE 3 SOCCER-SPECIFIC EXERCISE	<ul style="list-style-type: none"> Simple movement activities ie. running drills Limit body and head movement NO head impact activities NO heading 	< 80%	< 45 min	Add movement
STAGE 4 NON-CONTACT TRAINING	<ul style="list-style-type: none"> Progression to more complex training activities with increased intensity, coordination and attention e.g. passing, change of direction, shooting, small-sided game May start resistance training NO head impact activities including NO heading goalkeeping activities should avoid diving and any risk of the head being hit by a ball 	< 90%	< 60 min	Exercise, coordination and skills/tactics
	<ul style="list-style-type: none"> Youth (<18 years) and adult student-athletes have returned to full-time school activities at this time Repeat medical assessment with second Concussion Assessment Medical Report 			
STAGE 5 FULL CONTACT PRACTICE	<ul style="list-style-type: none"> Normal training activities ie tackling, heading, diving saves 	< 100%		Restore confidence and assess functional skills by coaching staff
STAGE 6 GAME PLAY	<ul style="list-style-type: none"> Normal game play. 	< 100%		Player rehabilitated

Caution

St. Catharines Club Roma Soccer is committed to providing a safe environment for all players regardless of age and gender. It is, however, ultimately the responsibility of the parent to ensure that appropriate professional care is provided to players under the age of 18 in the event of injury. In the event of a concussion diagnosis, premature return to play can result in serious and sometimes permanent injury, particularly in the event of a second impact. Parents should seek ongoing medical evaluation for the benefit of the player's long term health and safety.

If you have any questions or concerns regarding OSC's Concussion Return to Play Protocol, please contact Jeremy Buchan, Director of Minor Soccer at St. Catharines Club Roma Soccer.