



# BYSC On-Field Concussion Protocol



## HEADY INJURY OBSERVED ON THE FIELD

## CONCUSSION RECOGNITION TOOL 5 (CRT5)



**RED FLAGS?**  
Call 911 immediately, go to nearest Emergency Department

## AT LEAST 1 SIGN AND/OR SYMPTOM?

YES

NO

- Player **must not** return to play
- Complete CRT5, take photo of it
- Inform parents; player **must** get medical evaluation
- Give **CRT5\*** & **Medical Assessment/Clearance Letter\*** to parents to take with them for physician to either clear or diagnose with concussion
- Trainer must complete **Player Injury Report\***, take picture and send in with CRT5 **within 24 hours**

- Observe closely for remainder of game/practice
- If any signs/symptoms appear at any time, remove player from play and follow protocol
- Trainer to advise parents to monitor player for next 24-48 hours in case symptoms appear; if symptoms appear, follow protocol

## PLAYER CLEARED?

~ Trainer to follow up with parents after medical evaluation ~

Advise parents to send in **Medical Assessment/Clearance Letter\*** ASAP

YES

NO – Diagnosed with Concussion

- Trainer advise BYSC\* of outcome
- Trainer ensure **parents** send in **Medical Assessment/Clearance Letter\*** as soon as cleared and await BYSC approval
- Continue to **monitor 24-48 hrs** for reappearing symptoms
- If symptoms reappear, see doctor

- **Trainer to advise BYSC\* of outcome**; player must **rest 24-48 hrs** (physical/mental) before starting return to sport
- Player **must not** return to practices/games/sport-related activity until **all** signs/symptoms have resolved
- Player must successfully **return to school and have medical clearance** before starting Step 5 of Return to Sport
- **As soon as medically cleared**, Trainer advise **parents** to send in **Medical Assessment/Clearance Letter\***, await BYSC approval

\* **Trainer to ensure all documents and updates are sent to [injury@burlingtonsoccer.com](mailto:injury@burlingtonsoccer.com); medical clearance must be completed by a Medical Doctor or Nurse Practitioner; documentation by any other source will not be accepted**

## WHEN CAN THE ATHLETE RETURN TO SCHOOL AND SPORTS?

It is important that all athletes diagnosed with a concussion follow a step-wise return to school and sports-related activities that includes the following Return-to-School and Return-to-Sport Strategies. It is important that youth and adult student-athletes return to full-time school activities before progressing to stage 5 and 6 of the Return-to-Sport Strategy.

### Return-to-School Strategy<sup>1</sup>

Stage	Aim	Activity	Goal of each step
1	Daily activities at home that do not give the student-athlete symptoms	Typical activities during the day as long as they do not increase symptoms (i.e. reading, texting, screen time). Start at 5-15 minutes at a time and gradually build up.	Gradual return to typical activities.
2	School activities	Homework, reading or other cognitive activities outside of the classroom.	Increase tolerance to cognitive work.
3	Return to school part-time	Gradual introduction of schoolwork. May need to start with a partial school day or with increased breaks during the day.	Increase academic activities.
4	Return to school full-time	Gradually progress.	Return to full academic activities and catch up on missed school work.

### Sport-Specific Return-to-Sport Strategy<sup>1</sup>

Stage	Aim	Activity	Goal of each step
1	Symptom-limiting activity	Daily activities that do not provoke symptoms.	Gradual re-introduction of work/school activities.
2	Light aerobic activity	Walking or stationary cycling at slow to medium pace. No resistance training.	Increase heart rate.
3	Sport-specific exercise	Running or skating drills. No head impact activities.	Add movement.
4	Non-contact training drills	Harder training drills, e.g. passing drills. May start progressive resistance training.	Exercise, coordination and increased thinking.
5	Full contact practice	Following medical clearance and complete return to school.	Restore confidence and assess functional skills by coaching staff.
6	Return to sport	Normal game play.	

<sup>1</sup>Source: McCrory et al. (2017). Consensus statement on concussion in sport – the 5<sup>th</sup> international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 51(11), 838-847. <http://dx.doi.org/10.1136/bjsports-2017->

## HOW LONG WILL IT TAKE FOR THE ATHLETE TO RECOVER?

Most athletes who sustain a concussion will make a complete recovery within 1-2 weeks while most youth athletes will recover within 1-4 weeks. Approximately 15-30% of patients will experience persistent symptoms (>2 weeks for adults; >4 weeks for youth) that may require additional medical assessment and management.

## HOW CAN I HELP PREVENT CONCUSSIONS AND THEIR CONSEQUENCES?

Concussion prevention, recognition and management require athletes to follow the rules and regulations of their sport, respect their opponents, avoid head contact, and report suspected concussions.

TO LEARN MORE ABOUT CONCUSSIONS PLEASE VISIT: Parachute Canada: [www.parachutecanada.org/concussion](http://www.parachutecanada.org/concussion)