

Summer Camp Concussion Protocol

*** Every individual with a suspected concussion or other head injury should be assessed by a qualified medical professional ***

What is a Concussion?

- A type of mild traumatic brain injury
- Any impact to the head or body that causes rapid movement of the brain inside the skull
- Can occur with or without losing consciousness
- Symptoms occur at the time of injury or within minutes to days after the injury

STEP 1: Does my camper have a concussion?

Common CONCUSSION symptoms

Headache (most common)	Ringing in the ears	Fatigue
Dizziness	Irritability	Sleep issues
Nausea	Sadness	Difficulty concentrating
Light sensitivity	Memory issues	Brain fog, feeling "foggy"
Noise sensitivity	Blurred vision	Feeling "slow"
Balance issues	Anxiety	Vision issues
	Confusion	

Assessment: Ask all of the symptom questions below & observe for signs of concussion

Screener Questions – Ask these questions about symptoms:

- Did you lose consciousness or black out?
- Headache or feeling of pressure in your head?
- Nausea or feel like you have to vomit?
- Problems with balance or dizziness?
- Sensitivity to the light?
- Sensitivity to the sound?
- Blurred or double vision?
- Do you feel confused?
 - Ask questions such as: "Where are you?", "What day is it?", "What is the score of the game?"
- Feeling slow or sluggish or overly tired?
- Are your thoughts or thinking foggy or unclear?

Screener Observations – Watch for these signs:

- Any loss of consciousness
- Difficulty recalling events prior to or around time of injury
- Answers questions slowly
- Cannot follow instructions
- Confused about the details of the activity (e.g. score, opponent, etc)
- Movement is clumsy or appears off-balance
- Appears dazed, slow, or stunned
- Any mood, behavior, or personality change

Action to Take:

If the answer is **“yes”** to any symptoms,
or **if any signs** are observed...

Action to be taken:

1. Inform camp healthcare provider and/or the camper’s guardian.
2. Do not return the child to play until evaluated and cleared by a medical professional trained in diagnosing and treating concussion.

If the answer is **“no”** to all symptoms,
and no signs are observed...

Action to be taken:

1. Inform the camp healthcare provider and/or the camper’s guardian.
2. The child may return to play after a period of 10 – 15 minutes of rest
3. If any symptoms or signs develop, remove the child from play and have them evaluated by a healthcare professional before return to play.

What signs/symptoms are a medical EMERGENCY?

Seek emergency medical care (911) if any of the following happen:

Worsening headache
Trouble walking
Vomiting
Double vision

Worsening confusion
Severe neck pain
Weakness/tingling in
arms or legs

Seizures
Strange behaviour
Increasing drowsiness
Slurred speech

STEP 2: Child has been diagnosed with concussion...now what?

Concussion Treatment Protocol

Stage 1: 24-48 hours of physical and cognitive rest

Physical rest: no exercise, weight training, sports, or activities requiring exertion

Cognitive (thinking) rest: limit activities that require focus and concentration (computer & phone use, reading, school work, etc.)

Stage 2: Begin active rehabilitation

Active Rehabilitation → gradual and step-wise return to activities

Active Rehabilitation – The Key to Recovery!

(*Remember - medical clearance is required before returning to full contact sports)

Goal → slowly and gradually increase the time and effort spent on activities each day.

Why?

- Resting for too long slows down recovery.
- People with concussions should return to normal activities in a slow and gradual manner.

How?

Increase activities within limits!

- Plan physical and cognitive (thinking) activities based on the severity of symptoms.
- Too much rest can slow recovery, but going back to activities too quickly can make your symptoms feel worse.
- Increase time and effort of activities, with symptoms in the **GREEN** or **YELLOW** zones.
- Avoiding pushing too hard when symptoms are in the **RED** zone.

How Severe are Symptoms?

GREEN	YELLOW	RED
Participates in activity at 100% of ability	Participates in activity at LESS than 100% of ability	UNABLE to participate in activity
<i>Example: I have a headache but I can still participate fully in a soccer game</i>	<i>Example: I have a headache and I can play a soccer game, but I can't run as fast and need lots of rest breaks</i>	<i>Example: I have a headache, and it is so severe that I cannot play soccer at all</i>

References

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McCrory et al. (2017). Consensus statement on concussion in sport—the 5th international conference on concussion in sport held in Berlin, October 2016. *Br J Sports Med*, 51(11), 838-847. www.bjism.bmj.com/content/51/11/838

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