



PETERBOROUGH CITY SOCCER ASSOCIATION

CONCUSSION ASSESSMENT POLICY

July 2015

Information on this page is provided courtesy of the Youth Sports Concussion Program

A concussion is a common form of brain injury, and can be caused by a direct or indirect hit to the head or body (for example, a car crash, fall or sport injury). This causes a change in brain function, which results in a variety of symptoms. With a concussion there is no visible injury to the structure of the brain, meaning that tests like MRI or CT scans usually appear normal.

All concussions should be taken seriously

Signs and Symptoms

You can't see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your child reports one or more symptoms of concussions listed below, or if you notice the symptoms yourself, keep your child out of play and seek medical attention right away.

Headache	Difficulty remembering
Nausea or vomiting	Feeling 'In a fog'
Dizziness	'Don't feel right'
Blurred or double vision	Irritability
Balance problems	Fatigue or low energy
Sensitivity to light or noise	Nervous or anxious
Delayed verbal and motor responses	Disorientation
Excessive drowsiness	Disequilibrium
Confusion	Difficulty concentrating

Action Plan

If you suspect an athlete has had a concussion you should take the following steps:

1. Remove the athlete from play. If EMS or an athletic trainer are on site have the child evaluated.
2. Is emergency medical care needed? (Review [Clipboard Concussion Tool](#))
3. Inform the athlete's parent/guardians(s) about the possible concussion and give them the [Immediate Post-Concussion Instructions Sheet](#). Do not allow the athlete to drive or leave without adult accompaniment. If the athlete will not have adequate supervision, consider emergency medical assessment.

4. Instruct the athlete's parent/guardian(s) to contact their family doctor or nurse practitioner immediately to book an appointment and contact the Youth Sports Concussion Program at (705) 740-8020.
5. Allow the athlete to return to play at a later date only when you have received written clearance by a healthcare provider (i.e. physician and/or nurse practitioner).

Most people with a concussion get better, but it is important to give your brain time to heal.

Additional Resources

- [Athlete Information Sheet](#)
- [Parent Information Sheet](#)
- [Coaches Information Package](#)
- [Clipboard Concussion Tool](#)
- [Immediate Post-Concussion Instructions Sheet](#)
- [Youth Sports Concussion Program website](#)