

Player Name:
Trainer:
Team Name:

Date:
Time of Injury:
Age:

“When in doubt, sit them out!”
*** Symptoms may show up 24-48 hours later***

CONCUSSION RECOGNITION TOOL 5[©]

To help identify concussion in children, adolescents and adults



FIFA[®]

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RECOGNISE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

STEP 1: RED FLAGS — CALL AN AMBULANCE

If there is concern after an injury including whether ANY of the following signs are observed or complaints are reported then the player should be safely and immediately removed from play/game/activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Assessment for a spinal cord injury is critical.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait difficulties, motor incoordination, stumbling, slow laboured movements
- Facial injury after head trauma

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STEP 3: SYMPTOMS

- Headache
- “Pressure in head”
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- “Don’t feel right”
- More emotional
- More Irritable
- Sadness
- Nervous or anxious
- Neck Pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like “in a fog”

STEP 4: MEMORY ASSESSMENT

(IN ATHLETES OLDER THAN 12 YEARS)

Failure to answer any of these questions (modified appropriately for each sport) correctly may suggest a concussion:

- “What venue are we at today?”
- “Which half is it now?”
- “Who scored last in this game?”
- “What team did you play last week/game?”
- “Did your team win the last game?”

Athletes with suspected concussion should:

- Not be left alone initially (at least for the first 1-2 hours).
- Not drink alcohol.
- Not use recreational/ prescription drugs.
- Not be sent home by themselves. They need to be with a responsible adult.
- Not drive a motor vehicle until cleared to do so by a healthcare professional.

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ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE

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1. Presence of **Red Flags** (Step 1) requires player to be **transported to ER**.
2. If no Red Flags, safely remove player from the ice and complete Steps 2, 3 and 4, checking off all signs observed and all symptoms reported (if 5-12 year-olds have difficulty understanding the symptoms, the wording from the Child SCAT5 symptom checklist can be used to help clarify the terminology, see below).
3. If 1 + signs/symptoms are present and/or 1 + memory questions are incorrect, concussion should be suspected:
 - a. **Athlete will not return to play in the game/practice, even if symptoms disappear**
 - b. Trainer will advise parents/player they will need to get a **medical evaluation** (preferably same day) based on the results of the CRT5
 - c. Trainer will take a photo of CRT5 and send to equipsafety@bghc.ca within 24 hours and give parents the completed CRT5 to show doctor; trainer will also give the **Medical Assessment / Medical Clearance Letter** to parents to have completed **by a Medical Doctor or Nurse Practitioner** to obtain medical clearance or confirm diagnosis of concussion; parents to send in completed medical letter to equipsafety@bghc.ca upon completion
 - d. Trainer will complete the Hockey Canada Injury Report, take picture and send to equipsafety@bghc.ca within 24 hours, along with picture of CRT5; original is to be provided to parents
4. Trainer will follow up with parents after the medical evaluation to determine if player is cleared to return to play or diagnosed with a concussion.
5. If player is cleared, watch for any new or returning symptoms for the next 24-48 hours.
6. If diagnosed with a concussion, athlete must rest the initial 24-48 hours (no physical or mental activity).
7. Please refer to Parachute Canada's Pre-Season Concussion Education Sheet for details on Return-to-School and Return-to-Sport strategies; *additional resources can be found on the BGHC website – Safety/Concussion Resources page.*

NOTE: The minimum amount of time for a diagnosed concussion to heal is **7 days**; as noted in the Pre-Season Concussion Education Sheet, most youth athletes will make a complete recovery from concussion within 1-4 weeks; a medical clearance note will not be accepted by BGHC if: 1) it is not completed by a medical doctor/nurse practitioner; and 2) clearance for Step 5 is less than 5 days from the date of injury (return to full game play must be at least 7 days from time of injury).

SYMPTOM CHECKLIST FOR 5-12 YR OLDS (TAKEN FROM CHILD SCAT5)

Davis GA, Purcell L, Schneider KJ, *et al.* The Child Sport Concussion Assessment Tool 5th Edition (Child SCAT5). *Br J Sports Med* Published Online First: 26 April 2017. doi: 10.1136/bjsports-2017-097492

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|---------------------------------------|---|
| I have headaches | I get distracted easily |
| I feel dizzy | I have a hard time concentrating |
| I feel like the room is spinning | I have problems remembering what people tell me |
| I feel like I'm going to faint | I have problems following directions |
| Things are blurry when I look at them | I daydream too much |
| I see double | I get confused |
| I feel sick to my stomach | I forget things |
| My neck hurts | I have problems finishing things |
| I get tired a lot | I have trouble figuring things out |
| I get tired easily | It's hard for me to learn new things |
| I have trouble paying attention | |