

CONCUSSIONS

Concussions are caused by a direct hit to the head, face or neck or to another part of the body that caused a sudden jarring of the head or whiplash type movement.

Did you know?

A concussion is an injury to the brain that cannot be seen on routine x-rays, CT scans or MRIs.

Athletes can sustain a concussion without losing consciousness.

The appearance of symptoms can be delayed and can occur within 24-48 hours following the incident.

Athletes should consult a medical doctor following the injury. They are also required to be cleared by a medical doctor before returning to full training.

Recovering from a concussion is a gradual process. Returning to sport too quickly can cause worsening of symptoms and a prolonged recovery period.

What to do

If an athlete is reporting or showing **ANY** of the signs and symptoms related to concussion:

- The athlete should be removed from the practice/competition **IMMEDIATELY** and not permitted to return until medically assessed
- The athlete must not be left alone; it is important to monitor for deterioration
- If an athlete is unconscious or has significant changes in their mental status, they should be transported immediately to the hospital by ambulance
- If symptoms worsen or the athlete has repeated vomiting, growing confusion, neck pain or is unable to move their neck, seizures or weakness/tingling in their arms or legs, they should be seen immediately by a medical professional as these may be signs of a more serious injury

An athlete should never return-to-play while still symptomatic.

The concussion return-to-play protocol can assist a healthcare professional guide an athlete progressively back to sport.

If symptoms return after an athlete has completed the return-to-play protocol, the provoking activity should be stopped immediately and the athlete should be examined by a medical doctor.



Symptoms



PHYSICAL

Headache
Dizziness
Feeling of pressure in your head
Nausea or Vomiting
Slowed reaction time
Balance Problems
Neck pain
Sensitivity to light
Sensitivity to noise
Blurred/fuzzy or double vision



THINKING & REMEMBERING

Difficulty remembering
Difficulty concentrating
Easily distracted
Confusion
Feeling slowed down
Feeling like you are "in a fog"



SLEEP

Feeling fatigued or drowsy
Trouble falling asleep
Sleeping more or less than usual



MOOD

More emotional
Irritable
Sad
Nervous/Anxious
Depressed



For more info: [JUDOCANADA.ORG/concussion-documents](https://www.judocanada.org/concussion-documents)

