

Concussion Action Plan (CAP)

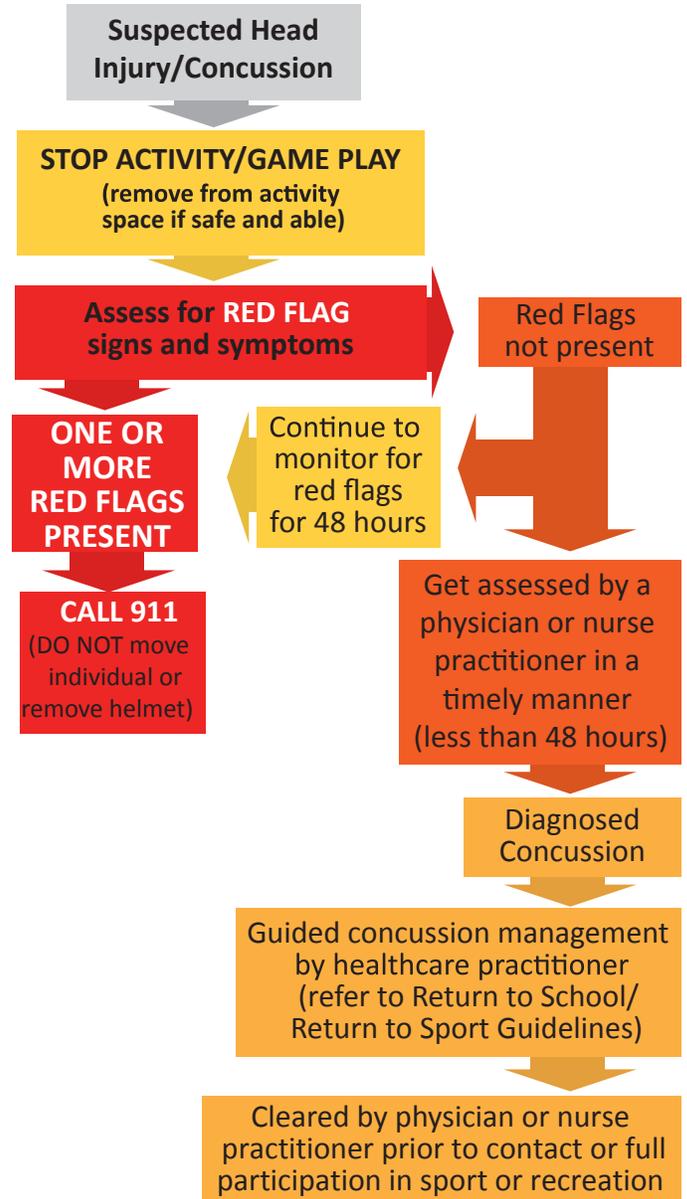
RED FLAG

Signs and Symptoms

- Blocked airway / Not breathing
- Poor circulation
- 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

Signs and Symptoms of a Concussion

- 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 problems, gait difficulties, motor incoordination, stumbling, slow laboured movements
- Facial injury after head trauma
- Headache or "Pressure in the head"
- More emotional or irritable
- Difficulty concentrating or remembering
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light or noise
- Fatigue or low energy
- "Don't feel right"
- Sadness
- Nervous or anxious
- Neck Pain
- Feeling slowed down
- Feeling "in a fog"



- If at anytime it is suspected that an individual has sustained a concussion, immediately stop all activity. Do not move the individual.
- ACA defines suspected concussion as the recognition that an individual appears to have either experienced an injury or impact that may result in a concussion, or is behaving unusually that may be a result of concussion. Please note that concussions can occur from an impact to the head, face, neck or body or no impact at all.
- Concussion may happen in organized sport, unorganized sport, physical education classes, recreational activities.
- When concussion symptoms are present, the injured individual should not take any medication.
- Symptoms can be delayed up to 48 hours.
- When monitoring the individual, look for red flag and concussion symptoms, as well as symptom severity.

For more information please visit: www.sportmedab.ca/ab-concussion-alliance