



DUNDAS GRANITE CURLING CLUB

FACT SHEET ABOUT CONCUSSIONS

This Fact Sheet has been prepared for general information purposes only. The information has been taken from two articles – Parachute Canada - Concussion Guidelines For The Athlete and Minister of Sport, Tourism and Culture – Concussion Guidelines. This information does not intend to constitute any medical advice and does not contain any medical diagnoses, symptom assessments or medical opinions.

You should be aware of the following facts:

- you don't need to be knocked out to suffer a concussion
- a concussion is a mild brain injury that affects the brain's functions
- every four minutes, a concussion occurs in Canada
- there are approximately 6,000 concussions in Ontario every year
- a person is four times as likely to suffer a second concussion after having the first one and the effects may be more serious with each subsequent injury
- signs/symptoms can show up immediately or may not be noticeable for hours or days
- concussion symptoms differ with each person
- one in five sports injuries is a head injury
- if you think you have a concussion, **YOU SHOULD NOT RETURN TO PLAY**, and see your health care professional for diagnosis, treatment and a 'Return to Play' strategy

The Ontario Curling Association and the Ministry of Tourism, Sport and Culture have adopted concussion guidelines that include information on the following topics:

What is a Concussion?

A concussion is a brain injury that cannot be seen on routine x-rays, CT scans, or MRI's. It affects the way a person may think and remember things for a short time, and can cause a variety of symptoms.

What are the symptoms and signs of a Concussion?

Awareness of the signs and symptoms of concussions and the knowledge of how to properly manage a concussion are critical to recovery and helping to ensure that individuals do not return to physical activity too soon after an injury.

SYMPTOMS AND SIGNS OF CONCUSSION

(You do not need to be knocked out (lose consciousness) to have had a concussion)

THINKING PROBLEMS	ATHLETE'S COMPLAINTS	OTHER PROBLEMS
Does not know time, date, place, period of game, opposing team, score of game	Headache	Poor coordination or balance
General confusion	Dizziness	Blank stare/glassy eyed
Cannot remember things that happened before and after the injury	Feels dazed	Vomiting
Knocked out	Feels "dinged" or stunned; 'having my bells rung"	Slurred speech
	Sees stars, flashing lights	Slow to answer questions or follow directions
	Ringing in the ears	Easily distracted
	Sleepiness	Poor concentration
	Loss of vision	Strange or inappropriate emotions (ie. laughing, crying, getting mad easily)
	Sees double or blurry	Not playing as well
	Stomach ache, stomach pain, nausea	

What causes a Concussion?

Any blow to the head, face or neck, or a blow to the body which causes a sudden jarring of the head may cause (ie. a ball to the head, being checked into the boards in hockey).

What should you do if you get a Concussion?

You should stop playing the sport right away. Continuing to play increases your risk of more severe, longer lasting concussion symptoms, as well as increases your risk of other injury. You should tell your team mates or other responsible persons that you are concerned you have had a concussion and you should not return to curl or engage in any other physical activity that day. You should not be left alone and should be seen by a doctor as soon as possible that day. You should not drive. If someone is knocked out, call an ambulance to take them to a hospital immediately. Do not move them or remove athletic equipment such as a helmet until the paramedics arrive.

How long will it take to get better?

The signs and symptoms of a concussion often last for 7-10 days but may last much longer. In some cases, athletes may take many weeks or months to heal. Having had previous concussion may increase the chance that a person may take longer to heal.

How is a Concussion treated?

**CONCUSSION SYMPTOMS ARE MADE WORSE BY EXERTION, BOTH PHYSICAL AND MENTAL.
THE MOST IMPORTANT TREATMENT FOR A CONCUSSION IS REST.**

You should not exercise or do any activities that may make you worse, like driving a car, reading, working on the computer or playing video games. No snow shoveling, cutting the lawn, moving heavy objects, etc. If mental activities (eg: reading, concentrating, using the computer) worsen your symptoms, you may have to stay home from school. You may also have to miss work, depending on what type of job you have, and whether it worsens your symptoms. If you go back to activities before you are completely better, you are more likely to get worse, and to have symptoms last longer. Even though it is very hard for an active person to rest, this is the most important step.

Return to school should not happen until you feel better, and these activities do not aggravate your symptoms. It is best to return to school part-time at first, moving to full time if you have no problems. Once you are completely better at rest, you can start a stepwise increase in activities (see “When can I return to sport?”) It is important that you are seen by a doctor before you begin the steps needed to return to activity, to make sure you are completely better. If possible, you should be seen by a doctor with experience in treating concussions.

When should I go to the Doctor?

Anyone who gets a head injury should be seen by a doctor as soon as possible. You should go back to the doctor IMMEDIATELY if, after being told you have a concussion, you have worsening of symptoms like:

- being more confused
- headache that is getting worse
- vomiting more than twice
- not waking up
- having any trouble walking
- having a seizure
- strange behaviour

When can I return to sport?

It is very important that you do not go back to sports if you have any concussion symptoms or signs.

Return to sport and activity must follow a step-wise approach in accordance with Ministry of Tourism, Culture and Sport – Concussion Guidelines. The Guidelines recommend that the full sporting activity should not resume until at least six days have passed and until you have been cleared by a medical doctor. Examples of some sporting activities include:

Step 1 – No activity, complete rest. Once back to normal and cleared by a doctor, go to Step 2.

Step 2 – Light exercise such as walking or stationary cycling, for 10-15 minutes.

Step 3 – Sport specific aerobic activity (ie. skating in hockey, running in soccer) for 20-30 minutes. NO CONTACT.

Step 4 – “On field” practice such as ball drills, shooting drills, and other activities with NO CONTACT (ie. no checking, no heading the ball, etc.)

Step 5 – “On field’ practice with body contact, once cleared by a doctor.

Step 6 – Game play.

Note: Each step must take a minimum of one day. If you have any symptoms of a concussion (eg. headache, feeling sick to your stomach) that come back either with activity, or later that day, stop the activity immediately and rest until symptoms resolve, for a minimum of 24 hours. See a doctor and be cleared before starting the step wise protocol again. **You should not go back to the sport until you have been cleared to do so by a doctor if you have suffered a concussion.**

SAMPLES OF PROTECTIVE HEAD GEAR



Toque



Po'Boy



Baseball Cap



Ice Halo

Some types of protective head gear are available for purchase at Dundas Granite. Other types of protective head gear can be purchased from the Goldline/Ice Halo web sites noted below:

Goldline - <http://www.goldlinecurling.com/en/curling-protective-headgear>

Ice Halo - <http://www.icehalo.ca/>

The web addresses on the Concussion information are noted below. Copies of the articles have been reproduced and are located in the Black Binder on the cabinet by the door to the ice for reference by members.

These are the referenced articles in this Fact Sheet including web links:

© Ministry of Tourism, Culture and Sport – Concussion Guidelines - <http://gao.ca/wp-content/uploads/2015/05/Concussion-Protocol-R2P.pdf>

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