

Remove-from-Sport Protocol Summary

STEP 1 (REMOVE): A suspected concussion has been identified and player is removed from play.
Head Coaches hold the final decision to remove players with a suspected concussion.

STEP 2 (REPORT): Head coach completes *Suspected Concussion Report Form* and provides a copy to:

Parent/Guardian AND recommend they see a medical doctor/nurse practitioner immediately

Your club or team designate

STEP 3 (REFER): *Seeing a medical doctor or nurse practitioner for medical assessment

If player is experiencing any general concussion symptoms:

Physical: Headaches, nausea, dizziness, sensitivity to light and noise

Mental: Fogginess and difficulty thinking, feeling slowed down, difficulty concentrating and remembering

Sleep: Sleeping more or less than usual, difficulty falling asleep and staying asleep

Emotional and Behavioural: Sadness, anger, frustration, nervousness/anxious, irritable

If player is experiencing any 'Red Flag' Symptoms:

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

Schedule an appointment immediately with a medical doctor/nurse practitioner. * Go to nearest Emergency Department, if 'Red Flag' symptoms appear.

Call 911 immediately to go to nearest Emergency Department

STEP 4 (ASSESSMENT): Was a concussion diagnosis received at medical or emergency appointment?

Parent sends medical documentation of diagnosis to head coach and to club/team designate

Yes

No

Parent monitors for 24-72 hours in case symptoms appear or worsen

Parent sends medical documentation of no diagnosis to head coach at least 24 hours before returning to full game play

Head coach sends to club/team designate prior to player returning to full game play

STEP 5 (RECOVER): Enter Stage 1 of *Return to Play Protocol*

Recommended medical diagnosis template:
[Canada Soccer Concussion Assessment Medical Report](#)