

LEARN TO SKATE USA Concussion Information and Return to Sport Strategy



_____ has been suspected of sustaining a concussion in their athletic event. There are many signs and symptoms that can accompany a concussion that you should be aware of. Symptoms of a concussion may not be evident until several minutes, hours or a day later.

Signs and Symptoms

PHYSICAL

- | | | | |
|---|---|--|---|
| <input type="checkbox"/> Headache | <input type="checkbox"/> Nausea | <input type="checkbox"/> Dizziness | <input type="checkbox"/> "Don't feel right" |
| <input type="checkbox"/> Pressure in head | <input type="checkbox"/> Vomiting | <input type="checkbox"/> Visual problems or blurred vision | <input type="checkbox"/> Sensitivity to light |
| <input type="checkbox"/> Neck pain | <input type="checkbox"/> Balance problems | <input type="checkbox"/> Fatigue | <input type="checkbox"/> Sensitivity to noise |

COGNITIVE

- Confusion
- Feeling "slowed down"
- Feeling "In a fog"
- Difficulty concentrating
- Difficulty remembering

EMOTIONAL

- Irritability
- Sadness
- More emotional
- Nervousness or anxious

SLEEP

- Drowsiness
- Sleeping more than usual
- Sleeping less than usual
- Trouble falling asleep

Things to Look Out For

RED FLAGS - Call your doctor or go to your emergency department if you suddenly experience any of the following:

Headaches that <u>worsen</u>	Look <u>very</u> drowsy, can't be awakened	Can't <u>recognize</u> people or places	Unusual behavior change
Seizures	<u>Repeated</u> vomiting	Increasing confusion	Increasing irritability
Neck pain	Slurred speech	Weakness or numbness in arms or legs	Loses consciousness

Home Guidelines for the Athlete with a Concussion

1. Allow the athlete to sleep and get plenty of rest in a low light environment
2. Drink plenty of fluids (water)
3. Athlete can take Tylenol (Acetaminophen) for pain.
4. Ice for head and neck pain
5. Follow return to play guidelines below before returning to activity
6. Seek immediate medical attention if signs and symptoms worsen
7. Make an appointment to be evaluated by a medical provider within two-three days.

Please call the St. Luke's Sports Medicine Concussion Clinic at the number below for assistance with next steps in care.

Return to Sport Strategy

Athletes with a concussion should not return to play the same day. Return to sport strategies begin with return to learn (successfully tolerating school) and then a six step process gradually returning the athlete to normal activities. There is a minimum 24 hour period between each step. If at any time the athlete's symptoms return they must go back to the previous asymptomatic level and reattempt progression after a further 24 hour period of rest has passed. **Athletes must be evaluated prior to starting the return to learn/return to sport process by a licensed healthcare professional that has advanced training in concussion management.**

An initial period of 24-48 hours of both relative physical and cognitive rest is recommended before beginning RTS progression.

1. Symptom limited activity
2. Light aerobic activity (Stationary bike or treadmill)
3. Sport specific exercise
4. Non-contact training drills and light weight training
5. Full contact practice with **MEDICAL CLEARANCE**
6. Return to sport

Please go to <https://www.idahoiceworld.com/skating/learn-to-skate-its/> and print off the Concussion Medical Release Form.



St. Luke's Concussion Clinic: 381-2665
 For additional information, please visit:
www.stlukesonline.org/concussion

Date: _____

Athlete Name/DOB: _____

Parent Name: _____

Parent Contact #: _____

Coach: _____