



Wasatch Renegades Concussion Management Program

The Wasatch Renegades take the safety of its players seriously, particularly when it comes to the brains of our athletes. To ensure the safety and well-being of our hockey players, the Wasatch Renegades adopts the following Concussion Management Program, consistent with the Programs established by USA Hockey and the Utah Amateur Hockey Association (UAHA). The Wasatch Renegades commits to regularly training for its coaches and staff on this program.



Concussion Management Program

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A sports concussion management program must be incorporated within each USA Hockey affiliate. All USA Hockey programs should follow this protocol as a minimum standard and conform to their individual state concussion statutes.

Accepted current medical practice and the law in most states requires that any athlete with a suspected Sports Related Concussion (SRC) is immediately removed from play.

- Concussions often occur to players who don't have or just released the puck, from open-ice hits, unanticipated hits, and illegal collisions.
- The **youth** hockey player's brain is **more susceptible** to concussion.
- Concussion in a young athlete may be *harder* to diagnosis, takes *longer* to recover, and is *more likely* to have a recurrence, which can be associated with serious long-term effects.
- The strongest predictor of slower recovery from a concussion is tverity of **initial symptoms in the first day or 2** after the injury.
- Treatment is individualized and it is impossible to predict when the athlete will be allowed to return to play- **there is no standard timetable**.
- A concussion is a traumatic brain injury- **there is no such thing as a minor brain injury**.
- A player does not have to be "knocked-out" to have a concussion- **less than 10% of players lose consciousness**.
- A concussion can result from a blow to head, neck, **or body**.

A player with **any symptoms/signs** or a **worrisome mechanism of injury** has a concussion until proven otherwise:

"When in doubt, sit them out."

Follow these concussion management steps:

1. Remove immediately from play (training, practice, or game)
2. Inform the player's coach/parents or guardians.
3. Refer the athlete to a qualified health-care professional (as defined in state statute)
4. Initial treatment requires a short period of rest, but the athlete may participate in light exercise (if their symptoms are not made worse).
5. Begin a graded return-to-sport and return-to-learn.
6. Provide written medical clearance for return to play (the *USA Hockey Return to Play Form* is required)

Diagnosis

Players, coaches, officials, parents, and health care providers should be able to recognize the symptoms/signs of a sport related concussion. (See attached *Concussion Recognition Tool 6*)

Symptoms:

- Headache
- "Pressure in head"
- Neck Pain
- Nausea or vomiting
- Balance problems
- Dizziness
- Drowsiness
- Blurred vision
- Difficulty concentrating/remembering
- "Don't feel right"
- Sensitivity to light/noise
- More emotional or irritable
- Fatigue or low energy
- Feeling like "in a fog"
- Feeling slowed down
- Confusion
- Sadness
- Nervous or anxious

Observable Signs:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion
- Inability or slow to respond appropriately to questions
- Blank or vacant look
- Slow movement or incoordination
- Balance or walking difficulty
- Facial injury after head trauma

Management Protocol

1. If the player is **unresponsive**- call for help & dial 911
2. If the athlete is **not breathing**: start **CPR**
3. Assume a neck injury *until proven otherwise*
 - ✓ DO NOT move the athlete.
 - ✓ DO NOT rush the evaluation.
 - ✓ DO NOT have the athlete sit up or skate off until you have determined:
 - no neck pain
 - no pain, numbness, or tingling
 - no midline neck tenderness
 - normal muscle strength
 - normal sensation to light touch
4. If the athlete is conscious & responsive without symptoms or signs of a neck injury:
 - help the player off the ice to an appropriate location for evaluation.
 - perform an evaluation.
 - do not leave them alone.
5. Evaluate the player: **Concussion Recognition Tool 6** or other sideline assessment tools
 - Ask about concussion **symptoms**.
 - Observe for concussion **signs**.
 - **Memory Assessment**
 - What venue are we at today?
 - What period is it?
 - Who scored last in this game?
 - Did your team win the last game?
 - Who was your opponent in the last game?
6. If a healthcare provider is not available, the player should be safely removed from practice or play and referral to a physician arranged.
7. A player with any symptoms or signs, disorientation, impaired memory, concentration, balance, or recall has a concussion and should not be allowed to return to play on the day of injury.
8. The player should not be left alone after the injury, and serial monitoring for deterioration is essential over the initial few hours after injury.

If any of the signs or symptoms listed below develop or worsen go to the **hospital emergency department** or dial **911**.

- Severe throbbing headache
- Dizziness or loss of coordination
- Ringing in the ears (tinnitus)
- Blurred or double vision
- Unequal pupil size
- No pupil reaction to light
- Nausea and/or vomiting
- Slurred speech
- Convulsions or tremors
- Sleepiness or grogginess
- Clear fluid running from the nose and/or ears
- Numbness or paralysis (partial or complete)
- Difficulty in being aroused

9. Concussion symptoms & signs *evolve over time*- the severity of the injury and estimated time to return to play are unpredictable.

10. A qualified health care provider guides the athlete through **Return-to-Learn** and **Return-to-Sport** strategies.

11. Written clearance from a qualified health care provider is required for an athlete to return to play without restriction (training, practice, and competition). Only the **USA Hockey Return to Play Form** is acceptable:

Return-to-Sport (RTS) Strategy: each step typically takes a minimum of 24 hours.

Step	Exercise Strategy	Activity at each step	Goal
1	Symptom-limited activity	Daily activities that do not exacerbate symptoms (e.g., walking)	Gradual reintroduction of work/school activities
2	Aerobic exercise 2A—Light (up to approximately 55% max HR) then 2B—Moderate (up to approximately 70% max HR)	Stationary cycling or walking at slow to medium pace. May start light resistance training that does not result in more than mild and brief exacerbation* of concussion symptoms.	Increase heart rate
3	Individual sport-specific exercise Note: If sport-specific training involves any risk of inadvertent head impact, medical clearance should occur prior to Step 3	Sport-specific training away from the team environment (e.g., running, change of direction and/or individual training drills away from the team environment). No activities at risk of head impact	Add movement, change of direction
Steps 4–6 should begin after the resolution of any symptoms, abnormalities in cognitive function and any other clinical findings related to the current concussion, including with and after physical exertion.			
4	Non-contact training drills	Exercise to high intensity including more challenging training drills (e.g., passing drills, multiplayer training) can integrate into a team environment.	Resume usual intensity of exercise, coordination, and increased thinking
5	Full contact practice	Participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	

*Mild and brief exacerbation of symptoms (i.e., an increase of no more than 2 points on a 0–10 point scale for less than an hour when compared with the baseline value reported prior to physical activity). Athletes may begin Step 1 (i.e., symptom-limited activity) within 24 hours of injury, with progression through each subsequent step typically taking a minimum of 24 hours. If more than mild exacerbation of symptoms (i.e., more than 2 points on a 0–10 scale) occurs during Steps 1–3, the athlete should stop and attempt to exercise the next day. Athletes experiencing concussion-related symptoms during Steps 4–6 should return to Step 3 to establish full resolution of symptoms with exertion before engaging in at-risk activities. Written determination of readiness to RTS should be provided by an HCP before unrestricted RTS as directed by local laws and/or sporting regulations. HCP, healthcare professional; max HR, predicted maximal heart rate according to age (i.e., 220-age).

Return-to-Learn (RTL) Strategy

Step	Mental Activity	Activity at each step	Goal
1	Daily activities that do not result in more than a mild exacerbation* of symptoms related to the current concussion	Typical activities during the day (e.g., reading) while minimizing screen time. Start with 5–15 min at a time and increase gradually.	Gradual return to typical activities
2	School activities	Homework, reading or other cognitive activities outside of the classroom.	Increase tolerance to cognitive work
3	Return to school part-time	Gradual introduction of schoolwork. May need to start with a partial school day or with greater access to rest breaks during the day.	Increase academic activities
4	Return to school full time	Gradually progress in school activities until a full day can be tolerated without more than mild* symptom exacerbation.	Return to full academic activities and catch up on missed work

Following an initial period of relative rest (24–48 hours following an injury at Step 1), athletes can begin a gradual and incremental increase in their cognitive load. Progression through the strategy for students should be slowed when there is more than a mild and brief symptom exacerbation.

*Mild and brief exacerbation of symptoms is defined as an increase of no more than 2 points on a 0–10 point scale (with 0 representing no symptoms and 10 the worst symptoms imaginable) for less than an hour when compared with the baseline value reported prior to cognitive activity.

USA HOCKEY CONCUSSION MANAGEMENT

RETURN TO PLAY FORM

The USA Hockey Concussion Management Protocol and most state statutes require that an athlete be removed from any training, practice, or game if they exhibit any signs, symptoms, or behaviors consistent with a concussion or are suspected of sustaining a concussion. The player should not return to physical activity until he or she has been evaluated by a qualified medical provider who has provided written clearance to return to sports.

This form is to be used after an athlete has been removed from athletic activity due to a suspected concussion and must be signed by their medical provider to return without restriction to training, practice and competition.

Player Name _____ D.O.B. ____/____/____

District/Affiliate: _____ Name of person reporting: _____

Association and Team: _____ Date of Injury: ____/____/____

Location of Injury/Arena: _____

Injury signs/symptoms: _____

Print Health Care Professional Name: _____ License Number: _____

Address: _____ Phone Number: _____

I HEREBY AUTHORIZE THE ABOVE-NAMED ATHLETE TO RETURN TO ATHLETIC ACTIVITY FOR FULL PARTICIPATION WITHOUT RESTRICTION.

Signature: _____ Date: ____/____/____

I AM THE PARENT OR LEGAL GUARDIAN OF THE PLAYER IDENTIFIED ON THIS FORM AND I CONSENT TO THEIR RETURN TO ATHLETIC ACTIVITY WITHOUT RESTRICTION.

Parent/Legal Guardian Name: _____

Signature: _____ Date: ____/____/____

I AM THE COACH OF THE PLAYER IDENTIFIED AND I CONFIRM RECEIPT OF THIS CLEARANCE FORM ACKNOWLEDGING THE HEALTH CARE PROVIDER AND PARENT HAVE APPROVED THE ATHLETE'S RETURN TO PARTICIPATION WITHOUT RESTRICTION.

Coach Name: _____

Coach Signature: _____ Date: ____/____/____

CRT6™



Concussion Recognition Tool

To Help Identify Concussion in Children, Adolescents and Adults

What is the Concussion Recognition Tool?

A concussion is a brain injury. The Concussion Recognition Tool 6 (CRT6) is to be used by non-medically trained individuals for the identification and immediate management of suspected concussion. It is not designed to diagnose concussion.

Recognise and Remove

Red Flags: CALL AN AMBULANCE

If **ANY** of the following signs are observed or complaints are reported after an impact to the head or body the athlete should be immediately removed from play/game/activity and transported for urgent medical care by a healthcare professional (HCP):

- Neck pain or tenderness
- Seizure, 'fits', or convulsion
- Loss of vision or double vision
- Loss of consciousness
- Increased confusion or deteriorating conscious state (becoming less responsive, drowsy)
- Weakness or numbness/tingling in more than one arm or leg
- Repeated Vomiting
- Severe or increasing headache
- Increasingly restless, agitated or combative
- Visible deformity of the skull

Remember

- In all cases, the basic principles of first aid should be followed: assess danger at the scene, check airway, breathing, circulation; look for reduced awareness of surroundings or slowness or difficulty answering questions.
- Do not attempt to move the athlete (other than required for airway support) unless trained to do so.
- Do not remove helmet (if present) or other equipment.
- Assume a possible spinal cord injury in all cases of head injury.
- Athletes with known physical or developmental disabilities should have a lower threshold for removal from play.

If there are no Red Flags, identification of possible concussion should proceed as follows:

Concussion should be suspected after an impact to the head or body when the athlete seems different than usual. Such changes include the presence of **any one or more** of the following: visible clues of concussion, signs and symptoms (such as headache or unsteadiness), impaired brain function (e.g. confusion), or unusual behaviour.

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Developed by: The Concussion in Sport Group (CISG)

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Concussion Recognition Tool

To Help Identify Concussion in Children, Adolescents and Adults



1: Visible Clues of Suspected Concussion

Visible clues that suggest concussion include:

- Loss of consciousness or responsiveness
- Lying motionless on the playing surface
- Falling unprotected to the playing surface
- Disorientation or confusion, staring or limited responsiveness, or an inability to respond appropriately to questions
- Dazed, blank, or vacant look
- Seizure, fits, or convulsions
- Slow to get up after a direct or indirect hit to the head
- Unsteady on feet / balance problems or falling over / poor coordination / wobbly
- Facial injury

2: Symptoms of Suspected Concussion

Physical Symptoms

Headache
 "Pressure in head"
 Balance problems
 Nausea or vomiting
 Drowsiness
 Dizziness
 Blurred vision
 More sensitive to light
 More sensitive to noise
 Fatigue or low energy
 "Don't feel right"
 Neck Pain

Changes in Emotions

More emotional
 More Irritable
 Sadness
 Nervous or anxious

Changes in Thinking

Difficulty concentrating
 Difficulty remembering
 Feeling slowed down
 Feeling like "in a fog"

Remember, symptoms may develop over minutes or hours following a head injury.

3: Awareness

(Modify each question appropriately for each sport and age of athlete)

Failure to answer any of these questions correctly may suggest a concussion:

"Where are we today?"

"What event were you doing?"

"Who scored last in this game?"

"What team did you play last week/game?"

"Did your team win the last game?"

Any athlete with a suspected concussion should be - IMMEDIATELY REMOVED FROM PRACTICE OR PLAY and should NOT RETURN TO ANY ACTIVITY WITH RISK OF HEAD CONTACT, FALL OR COLLISION, including SPORT ACTIVITY until ASSESSED MEDICALLY, even if the symptoms resolve.

Athletes with suspected concussion should **NOT**:

- Be left alone initially (at least for the first 3 hours). Worsening of symptoms should lead to immediate medical attention.
- Be sent home by themselves. They need to be with a responsible adult.
- Drink alcohol, use recreational drugs or drugs not prescribed by their HCP
- Drive a motor vehicle until cleared to do so by a healthcare professional