



Upper Body Protocol

PLAYER AND COACH RESOURCE GUIDE

Concussion



PRICE

(Protect, Rest, Ice,
Compression-tensor off and on
to reduce swelling, Elevation
(above the level of the heart)

See physiotherapist
within 24-48 hours
following injury

Assess Grade of Injury
(1-3)

Follow Grade Level
Protocol & Timelines For
Return To Play

HERE'S WHAT TO KNOW:

- Monitor for signs and symptoms of a concussion after direct or indirect hit to the head.
- Signs of concussion: Headaches, nausea, dizziness, blurred vision, sensitivity to light or noise, confusion, memory problems, difficulty concentrating, and change in normal mood.
- If the following symptoms occur, seek medical care as soon as possible.
- Double vision
- Weakness or tingling in arms legs or face
- Severe or increasing headache
- Seizures or Loss of consciousness
- Deteriorating conscious state
- Continued vomiting
- Remove from play immediately if a concussion is suspected and see AT or PT
- Follow the return to play protocol once symptoms have fully resolved.

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