



PRE-SEASON INFORMATION SHEET CONCUSSIONS

HOW TO USE THIS EDUCATION SHEET:

Distribute this pre-season concussion education sheet to your athletes and their parents or legal guardians during a pre-season meeting, at the time of registration or the first day of training. We recommend the athlete and parent sign this sheet and a copy of retained by the club

WHAT IS A CONCUSSION?

A concussion is a brain injury that can't be seen on x-rays, CT or MRI scans. It affects the way an athlete thinks and can cause a variety of symptoms

WHAT CAUSES A CONCUSSION?

Any blow to the head, face or neck, or somewhere else on the body that causes a sudden jarring of the head may cause a concussion. Examples include getting body-checked in hockey, hitting one's head on the floor in the gym class, or landing on your side or back while landing during a ski jump.

WHEN SHOULD I SUSPECT A CONCUSSION?

A concussion should be suspected in any athlete who sustains a significant impact to the head, face, neck, or body and report ANY symptoms or demonstrates ANY visual signs of concussion. A concussion should also be suspected if an athlete reports ANY concussion symptoms to one of their peers, parents, teachers, or coaches or if anyone witnesses an athlete exhibiting ANY of the visual signs of concussion. Some athletes will develop symptoms immediately while others will develop delayed symptoms (beginning 24-48 hours after the injury).

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

A person does not need to be knocked out (lose consciousness) to have had a concussion. Common symptoms include:

• Headaches or head pressure	• Easily upset or angered
• Dizziness	• Sadness
• Nausea and vomiting	• Nervousness or anxiety
• Blurred or fuzzy vision	• Feeling more emotional
• Sensitivity to light or sound	• Sleeping more or sleeping less
• Balance problems	• Having a hard time falling asleep
• Feeling tired or having no energy	• Difficulty working on a computer
• Nothing thinking clearly	• Difficulty reading
• Feeling slowed down	• Difficulty learning new information



WHAT ARE THE VISUAL SIGNS OF A CONCUSSION?

Visual signs of a concussion may include:

<ul style="list-style-type: none">• Lying motionless on the playing surface	<ul style="list-style-type: none">• Blank or vacant stare
<ul style="list-style-type: none">• Slow to get up after a direct or indirect hit to the head	<ul style="list-style-type: none">• Balance, gait difficulties, motor incoordination, stumbling slow labored movements
<ul style="list-style-type: none">• Disorientation or confusion or inability to respond appropriately to questions	<ul style="list-style-type: none">• Facial injury after head trauma
	<ul style="list-style-type: none">• Clutching head

WHAT SHOULD I DO IF I SUSPECT A CONCUSSION?

If any athlete is suspected of sustaining a concussion during sports they should be immediately removed from play. Any athlete who is suspected of having sustained a concussion during sports must not be allowed to return to the game or practice.

It is important that ALL athletes with a suspected concussion undergo medical assessment by a medical doctor or nurse practitioner, as soon as possible. It is also important that ALL athletes with a suspected concussion receive written medical clearance from a medical doctor or nurse practitioner before returning to sport activities.

WHEN CAN AN ATHLETE RETURN TO SCHOOL OR SPORTS?

It is important that all athletes diagnosed with a concussion follow a step-wise return to school and sports-related activities that includes the following Return-to-School and Return-to-Sports strategies. It is important that youth and adult student-athletes return to full-time school activities before progressing to stage 5 and 6 of the Return-to-Sports strategy.

Return-to-School Strategy

Stage	Aim	Activity	Goal of each step
1	Daily activities at home that do not give the student-athlete symptoms	Typical activities during the day as long as they do not increase symptoms (i.e. reading, texting, screen time). Start at 5-15 minutes at a time and gradually build up.	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 increased breaks during the day.	Increase academic activities
4	Return to school full-time	Gradually progress	Return to full academic activities and catch up on missed school work



Return-to-Sports Strategy

STEP	ACTIVITY LEVEL	FREESTYLE SKI		
		CONTEXT	Symptoms Present? Yes No	
1	No activity, only complete rest.	<p>Minimum of 24-48 hours of rest.</p> <p>Limit school, work and tasks requiring concentration. Refrain from physical activity until symptoms are gone.</p>	<p>A physician, should be consulted before moving to step 2</p>	
2	Light aerobic exercise.	<p>Activities such as walking or stationary cycling. Someone who can help monitor for symptoms and signs should supervise the player. No resistance training or weight lifting. The duration and intensity of the aerobic exercise can be gradually increased over time if no symptoms or signs return during the exercise or the next day.</p> <p>Follow this 2-step process with 24 hours of rest between each step.</p> <p>a) Step 1 - 15 minutes on stationary bicycle, rest 24 hrs. If symptom free go to step 2</p> <p>b) Step 2 - 60 minutes of more aggressive cardio work (75% of max Heart Rate) such as bike or jogging.</p>	<p>Return to rest and step 1 until symptoms have resolved.</p> <p>If symptoms persist, consult a physician.</p>	<p>Proceed to Step 3 only if athlete is: asymptomatic after 60 minute cardio session</p>
3	Sport specific activities	<p>Gentle skiing on flat, easy terrain. No jumping or jarring movements. No bouncing on trampolines.</p> <p>Continuous skiing for 60 minutes.</p>	<p>Return to rest until symptoms have resolved then resume at step 2.</p> <p>If symptoms persist, consult a physician.</p>	<p>Proceed to Step 4 the next day if asymptomatic.</p>



STEP	ACTIVITY LEVEL	FREESTYLE SKI		
		CONTEXT	Symptoms Present? Yes No	
4	Begin Discipline Specific Drills (up to moderate intensity)	60 minutes of continuous discipline-specific training (on or off snow) - Skiing on moderate, terrain with moguls. - Skiing the halfpipe with small, easy jumps. - Riding "ability appropriate" boxes/rails - No big air tricks. - Small bouncing on trampoline or bounding drills.	Return to rest until symptoms have resolved then resume at step 3. If symptoms persist, consult a physician.	The time needed to progress from non-contact exercise will vary with the severity of the concussion and with the player. Proceed to Step 5 with Medical Clearance Only.
5	Begin Sport Specific Drills (up to full intensity) **	Gradually increase the intensity of training to include all normal training activities.	Return to rest until symptoms have resolved then resume at step 4 If symptoms persist, consult a physician.	Proceed to Step 6 the next day.
6	Game Play	Return to Competition		

HOW LONG WILL IT TAKE FOR THE ATHLETE TO RECOVER?

Most athletes who sustain a concussion will make a complete recovery within 1-2 weeks while most youth athletes (less than 18 years of age) will recover within 1-4 weeks. Approximately 15-30% of patients will experience persistent symptoms (>2 weeks for adults; >4 weeks for youth) that may require additional medical assessment and management.

HOW CAN I HELP PREVENT CONCUSSIONS AND THEIR CONSEQUENCES?

Concussion prevention, recognition, and management require athletes to follow the rules and regulations of Freestyle Canada, respect their opponents, avoid head contact, and report suspected concussions.

TO LEARN MORE ABOUT CONCUSSIONS PLEASE VISIT:

www.parachutecanada.org/concussion



SIGNATURES (optional): The following signatures certify that the athlete and his/her parent or legal guardian have reviewed the above information related to concussion.

Printed name of athlete

Signature of athlete

Date

Printed name of parent

Signature of parent

Date