



# VOLLEYBALL CANADA CONCUSSION PROTOCOL

The following measures will be implemented at all Volleyball Canada National Championships:

- Promote the motto: “When in doubt, sit them out”. Athletes who are suspected of sustaining a concussion or head injury must be removed from play.
- Fully trained Athletic Therapists will be on site to conduct all concussion assessments, including the Sport Concussion Assessment Tool 5 (SCAT5).
- Any athlete who refuses to complete the concussion assessment will not be permitted to return to play.
- All athletes under 18 must be accompanied by an adult during the concussion assessment.
- An athlete who has been removed from play by a tournament Athletic Therapist may not return to play for the remainder of the tournament.

Parents, Coaches, and Competition Staff are recommended to be aware of the following Signs and Symptoms of concussions. If there is concern after an injury, including whether ANY of the following signs are observed or complaints are reported, then the player should be safely and immediately removed from play/game/activity and the on-site Athletic Therapist must be notified.

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
Appears dazed or stunned	Headache
Is confused about assignment	Nausea
Forgets plays	Balance problems or dizziness
Is unsure of game, score, opponent	Double or fuzzy vision
Moves clumsily	Sensitivity to light or noise
Answers questions slowly	Feeling sluggish
Shows behaviour or personality changes	Feeling foggy or groggy
Can't recall events prior to hit	Concentration or memory problems
Can't recall events after hit	Confusion
Loses consciousness	Emotional volatility and/or irritability

If ANY of the following Red Flag symptoms are observed or reported, the player MUST be immediately removed from play/game/activity, and the on-site Athletic Therapist and tournament staff must be notified:

Red Flags	
Neck Pain or Tenderness	Deteriorating conscious state
Double Vision	Vomiting
Weakness or tingling/burning in arms/legs	Increasingly restless, agitated or combative
Severe or increasing headache	Loss of consciousness
Seizure or convulsion	

*This information is provided by the Concussion Recognition Tool 5 (CRT5) from the Concussion in Sport Group 2017 (Echemendia et al, 2017). <http://bjsm.bmj.com/content/51/11/872>*



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