



Concussion Policy

What is a concussion?

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body, a fall, or another injury that jars or shakes the brain inside the skull. Although there may be cuts or bruises on the head or face, there may be no other visible signs of a brain injury. It can cause changes in the brain that may not be seen in a CT scan or X-Ray. Balance, reaction time and cognitive skills can also be impacted.

What causes a concussion?

Your brain is a soft organ that is surrounded by spinal fluid and protected by your hard skull. Normally, the fluid around your brain acts like a cushion that keeps your brain from coming into contact with your skull, but if your head or your body is hit hard your brain can make contact with your skull and be injured. What are the signs and symptoms of a concussion? Symptoms of a concussion range from mild to severe and can last for or appear within hours, days, weeks, or even months. In some cases there may be no symptoms at all. If you suspect a concussion, or notice any symptoms listed below, contact your doctor immediately. In severe cases, proceed to an Urgent Care Centre or Emergency Room immediately.

- brief loss of consciousness after the injury
- memory problems
- confusion
- drowsiness or feeling sluggish
- dizziness
- double vision or blurred vision
- headache
- nausea or vomiting
- sensitivity to light or noise
- balance problems
- slowed reaction to stimuli

SCAT

The FIFA SCAT is recognised worldwide as an excellent tool for the identification of concussions and the subsequent steps required in returning a player to full activity. The FIFA SCAT is assessed quadrennial by the FIFA Medical Committee as they gather data and monitor trends on concussions globally. The latest version of the SCAT is known as SCAT 3. Coaches are **strongly recommended** to familiarize themselves with the FIFA SCAT 3 for Adults and/ or Child.

Please visit the OSA website at <http://www.ontariosoccer.net/player/sports-medicine/concussions> for more information on concussions and SCAT 3 forms for adults and children.