

The information that has been made available to everyone in the last 10-years on the long-lasting effects of a concussion are reasons for concern when playing any sport. Even with limited contact and rules that discourage contact to the head the possibility of getting a concussion while playing still exists. In cooperation with our insurance provider, we have developed a policy for how concussions or even the possibility of a concussion should be dealt with by individuals and their teammates. The policy is described below and we will expect everyone to respect and follow to this policy.

It is PGRHL policy that no player shall play, and no teammate shall allow a player to play in a PGRHL ice time after suffering a concussion and/or having symptoms of a concussion and must leave the ice immediately after the incident occurs with the supervision of a responsible adult. This would include any incident where the player may have received The player suffering the concussion may not return to play until such time as the symptoms of the concussion have stopped or until cleared to play by a physician.

A concussion can be the result of (but not limited to):

- Any direct blow to your head, face or neck
- Blow to your body which causes a sudden jarring of your head

Common symptoms of a concussion are (but not limited to):

Thinking Problems:

- Not knowing the time, date, place or details about a recent event
- General Confusion
- No Remembering things that happened before and after the injury took place
- Being knocked out

Physical Effects:

- Headache
- Dizziness
- Feeling dazed
- Seeing stars or flashing lights
- Ringing of the ears
- Sleepiness
- Seeing double or blurry
- Stomachache, Stomach pain, Nausea
- "Don't Feel Right"

Other Potential Symptoms:

- Poor co-ordination or balance
- Blank star/glassy-eyed
- Vomiting
- Slurred Speech
- Slow to answer questions or follow directions
- Easily Distracted
- Poor Concentration
- Strange or inappropriate emotions (ie. Laughing, crying, getting mad easily)
- Not participating well.

The following are Red Flag Signs of Symptoms:

- Get medical help immediately if you have any "red flag" symptoms that may be signs of a more serious injury such as:
 - o Neck pain
 - o Repeated vomiting
 - o Growing confusion
 - o Seizures, and
 - o Weakness or tingling in your arms or legs.

What you should do if you think you might have a concussion?

You must stop playing right away. You should not be left alone and should be seen by a doctor as soon as possible that day. You should not drive. If you lose consciousness or demonstrate any red flag symptoms, an ambulance should be called to take you to a hospital immediately.

What you should do if you think your teammate might have a concussion?

If another player tells you about symptoms or if you notice signs they might have a concussion, they should not be left alone and should be seen by a doctor as soon as possible. If another player is knocked out or shows red flag symptoms, an ambulance should be called to take them to a hospital immediately.