

Canadian Guideline on Concussion in Sport



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July 2017

Funding provided by:

Public Health Agency of Canada

The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.

Suggested citation:

Parachute. (2017). Canadian Guideline on Concussion in Sport. Toronto: Parachute.

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Canadian Sport Concussion Pathway

The figure that follows is a visual representation of the decision-making pathway that reflects the recommendations in this guideline.

1. Pre-Season Education Who: Athletes, parents, coaches, officials, trainers, teachers, healthcare professionals How: Pre-season Education Sheet Impact to the head, face, neck or body Head injury is suspected 2. Head Injury Recognition Who: Athletes, parents, coaches, officials, trainers, teachers, healthcare professionals How: Concussion Recognition Tool 5 (CRT5) Is a more serious head or spine injury suspected? Remove from play NO YES Is a licensed healthcare professional present? NO YES 3A. Emergency Medical Assessment Who: Emergency medical personnel 3B. Sideline Assessment Who: Athletic therapist, physiotherapist, medical doctor 4. Medical Assessment How: SCAT5, Child SCAT5 Who: Medical doctor, nurse practitioner How: Medical Assessment Letter Is a concussion suspected? YES NO Was a concussion diagnosed? NO YES 5. Concussion Management Who: Medical doctor, nurse practitioner, and team athletic therapist or Return How: Return-to-School Strategy, Sport-Specific Return-to-Sport Strategy to Sport Does the athlete have persistent symptoms?* YES NO 6. Multidisciplinary Concussion Care Who: Multidisciplinary medical team, 7. Return to Sport Medical Clearance medical doctor with clinical training Who: Medical doctor, nurse practitioner and experience in concussion, How: Medical Clearance Letter licensed healthcare professionals

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*Persistent symptoms: lasting > 4 weeks in children & youth or > 2 weeks in adults