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## **Waterloo Minor Soccer Club**

### **Concussion Return to Play Protocol**

This document is to support WMSC coaches, parents, and athletes to understand and navigate the sometimes difficult process of detecting symptoms of a concussion as well as the road to recovery

#### **What is a concussion?**

Concussions are considered the "invisible" injury as they are hard to detect using medical imaging tests such as X-Rays, CAT Scans or an MRI. Concussions are also considered "invisible" because their effects on the body are often misunderstood with symptoms being different from person to person. A concussion is a neurologic brain injury which causes a temporary disturbance in brain cells and is the result of an extreme acceleration or deceleration of the brain within the skull.

#### **What are causes of a concussion?**

The common misconception is that you must be hit in the head to cause a concussion injury – this is not true! Because a concussion is the result of acceleration or deceleration of the brain, a concussion can happen with a significant blow to anywhere on the body, provided sufficient acceleration/deceleration is transmitted to the brain tissue, 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 are 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 of the symptoms listed below, contact your doctor immediately. In severe cases, proceed to an Urgent Care Centre or Emergency Room immediately!

#### **Visible Symptoms**

Loss of consciousness or responsiveness	Loss of motion / slow to rise
Grabbing / clutching head	Dazed and confused look
Unsteady on feet / balance issues	Vomiting
Disoriented	Bleeding from nose / ears
Sensitivity to light	Seizures or convulsions
Unequal pupils (eye)	Deteriorating conscious state

#### **Non-Visible Symptoms**

Confusion / disorientation	Complaints of pain / headache
Complaints of dizziness / nausea	Complaints of fuzzy / blurred vision
Inability to concentrate	Easily upset / angered (emotional)
Tingling / burning feeling in arms and legs	Nervous / anxious
Memory loss	Tired / sleeping more or less than usual



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## WMSC Emergency Protocol – Suspected Player Concussion

A player showing any signs/symptoms as listed on the [Pocket Concussion Recognition Tool](#) or as listed in this document must be removed from play immediately. All Coaches/Trainers are required to be familiar with the use of this tool and follow the Club's protocol without question. The player is not to re-enter the game or practice.

- In the event of a loss of consciousness, call 911 for assistance immediately. Do not move the player unless absolutely necessary for safety reasons
- Ensure that a member of the team staff stays with the player
- Notify any family members immediately if they are present
- The player **must** be evaluated by a physician prior to returning to play. Documentation from the physician is required. Average recovery period is 10 -14 days, but can sometimes be longer
- Coaches must complete required injury report and submit to WMSC within 24 hrs of the incident

\*\* WMSC Coaches, Assistant Coaches, Managers and Trainers are not authorized to oversee Return to Play processes \*\*

### Video and Document Support:

[Concussions 101: A primer for kids and parents](#)

[Concussion Management: Return to play](#)

[Return To Soccer Following a Concussion](#)

### Parachute Canada

*Creating a safer Canada by preventing serious and fatal injuries through evidence-based solutions that advocate and educate. A Canada free of serious injuries... with Canadians living long lives to the fullest.*

Parachute, a national Canadian charity founded in 2012, promotes researched, evidence-based and expert-advised resources and tools that can help to prevent serious harm or death from preventable injuries. Parachute wants Canadians from coast to coast to coast in this great nation to safely work, play, and enjoy their families and friends to the fullest throughout a long and healthy life.

[Concussion Recognition Tool 5](#)

[Sport Concussion Assessment Tool – 5<sup>th</sup> Edition](#)

[Concussion Guide for Coaches and Trainers](#)

[Concussion Guide for Athletes](#)

[Concussion Guide for Parents and Caregivers](#)

### Ontario Soccer

[Ontario Soccer](#), [Toronto FC](#) and the [Toronto Soccer Association](#) have launched a collaboration with the Holland Bloor view Kids Rehabilitation Hospital to improve access to concussion education, baseline testing, and training for players, parents, coaches and trainers.

To learn more about the Concussion Centre at Holland Bloor view, [please visit their website.](#)