

WHAT YOU SHOULD DO:

Remember your basic first aid:

- Danger
- Response
- Airway
- Breathing (*breathing **ALWAYS** takes priority*)
- **DO NOT** attempt to move the player unless medically trained to do so
- **DO NOT** move the helmet unless there is any breathing difficulties or you are trained to do so.

IF IN DOUBT THEN CALL 999 OR 112

Players with a suspected concussion should **NEVER** be left alone and should be monitored for at least 24-48 hours.

If the following are observed then you must refer for **URGENT** medical advice so call 999 / 112 if there is no one medically qualified present.

- Deterioration in symptoms
- Increasing confusion or irritability
- Repeated vomiting
- Unusual behavior
- Seizure or convulsion
- Double vision or deafness
- Neck pain
- Weakness or tingling in the arms or legs

FOLLOW THESE FIVE S'S

SYMPTOMS

Understand what symptoms to look for in order to help recognise a concussion.

SIT

If suspected of a concussion immediately take player out of the game and sit on the bench.

SEE

Ensure player is seen by an appropriate health care professional before any further activity is undertaken.

STOP

If advised by an appropriate health care professional, stop all sport and rest.

SAFE

For a safe return follow the 'return to play' guidelines which are on the EIHA website: www.eiha.co.uk



CONCUSSION ADVICE CARD



Concussion is common within ice hockey due to the contact nature of the sport. It can also be life threatening. The EIHA are running this Headcheck campaign to educate all involved in the sport.



HOW TO RECOGNISE A CONCUSSION:

The **PRIORITY** is always to remove the player from the ice if you suspect a concussion. Never let them play on.

Concussion should be suspected if one of the following is suspected:

Visible clues of suspected concussion

- Loss of consciousness or responsiveness
- Balance problems / unsteady on feet / falling over
- Grabbing or clutching their head
- Dazed or vacant blank look
- Confused

SIGNS AND SYMPTOMS:

- Loss of consciousness
- Headache
- Seizure or convulsion
- Dizziness or loss of balance
- Feeling more emotional
- Nervous or anxious or irritable
- Neck pain
- Difficulty remembering anything
- 'Not feeling right'

MEMORY FUNCTION:

Failure to answer any of these questions correctly may suggest a concussion:

"What venue are we at today?"

"Which half is it now?"

"Who scored last in this game?"

"What team did you play last week /game?"

"Did your team win the last game?"

Any player with a suspected concussion should be **IMMEDIATELY REMOVED FROM PLAY**, and should not be returned to activity until they are assessed medically. Athletes with a suspected concussion should not be left alone and should not drive a motor vehicle.

It is recommended that, in all cases of suspected concussion, the player is referred to a medical professional for diagnosis and guidance as well as return to play decisions, even if the symptoms resolve.