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Subject: RE: Concussions
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OFSSA CONCUSSION
Concussion

Jaime,

OFSSA has return to play guidelines which are copied below. Most schools go by the OPHEA safety guidelines and they have a comprehensive section on concussion management.

A P P E N D I X VI

RETURN TO PLAY GUIDELINES

Concussion

A concussion is a change in mental status from a blow and may involve loss of consciousness. It is caused by a direct blow to the face or jaw and/or whiplash effect of the neck.

First Degree Concussion

Confusion or an altered state of consciousness that lasts less than fifteen (15) minutes.

Symptoms: Athlete asks the same question repeatedly, such as what happened?, or does not know simple facts like the score or the opponent. There is no loss of consciousness, but athlete may suffer from dizziness, headaches, nausea, lethargy and possibly memory loss.

*** OFSSA Recommended Policy for First Degree Concussion**

Player should be removed from contest and should not return to play without the approval of a physician after at least 24 hours of rest.

Second First Degree Concussion

If the second concussion occurs within a few weeks of the first, it should be treated as a second degree concussion. For a second first degree concussion, consider terminating the season.

OFSSA Recommended Policy for Second First Degree Concussion

Player should be encouraged to rest for one month and only return when medical practitioner indicates that the athlete has been free from symptoms for at least a week during which they have exercised.

Second Degree Concussion

Symptoms: Confusion lasts for longer than fifteen (15) minutes or a loss of consciousness. May not open eyes, or if eyes open, they do not focus. May not answer to name and may be limp.

*** OFSSA Recommended Policy for Second Degree Concussion**

The player must be removed from the game and must be given a neurological examination immediately. This must occur even if the player is unconscious for a few seconds.

Any player who remains unconscious must be taken to an emergency department at a local hospital.

A player may not return until cleared by a physician and has had at least one week of symptom-free rest

- two weeks if the unconsciousness lasted more than one minute.

Second Second Degree Concussion and Any Third Concussion of Any Grade

OFSSA Recommended Policy for Second Second Degree Concussion and Any Third Concussion of Any Grade – *Terminate the season.*