

September 23rd, 2014

CONCUSSION PROTOCOL: Winnipeg Minor Hockey

In the event that a Winnipeg Minor Hockey player experiences a suspected concussion, we recommend the following:

- 1) If a suspected serious head or spine injury occurs during a hockey game or practice, an ambulance should be called immediately to transport the player to Children's Hospital Emergency Department for evaluation. If further follow-up is required, the patient will be referred to the Pan Am Concussion Program.
- 2) If symptoms of a concussion are experienced during a hockey game or practice but the symptoms are deemed to be non-life threatening, the player should be evaluated immediately at the Children's Hospital Emergency Department or the nearest emergency department. If diagnosed with a concussion and further follow-up is required, the patient can be referred by the emergency physician to the Pan Am Concussion Program.
- 3) If delayed symptoms (days later) of a concussion develop, the player should be seen by their pediatrician, family physician or an emergency room physician. If further follow-up is required the patient can be referred by the physician to the Pan Am Concussion Program.
- 4) If a suspected concussion occurs during a hockey game or practice and a physician or certified athletic therapist is present, we recommend that an initial sideline concussion evaluation be carried out using the Sport Concussion Assessment Tool 3 (SCAT3) to document the initial neurological status. Regardless of SCAT3 testing results, all children and adolescents with a suspected concussion should be evaluated by a physician and receive written medical clearance prior to returning to competitive hockey game play.

Visit us at www.panamclinic.org for further information about concussions and instructions on how pediatricians, family doctors, and emergency room doctors can refer patients to the Pan Am Concussion Program.