

Management of Childhood Concussion—if your child has had a concussion

1. Seek medical attention. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports—if you or the HCSP feel your child has had a concussion you must see your child's doctor. You may wish to bring the SCAT3 form with you when you see your child's doctor. Your child's doctor may choose to use this form (the second page) as an objective measure of your child's status and progress.

<http://www.parachutecanada.org/downloads/resources/SCAT3.pdf>

2. Keep your child out of play. Don't let your child return to play until a health care professional says it's OK. Athletes who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second concussions while the brain is still vulnerable after the first concussion can be very serious as these subsequent concussions can cause permanent brain damage. Let your child's teacher know that your child suffered a concussion and have them keep your child out of physical play at school. You may wish to ask them to advise you if they observe any new learning difficulties in your child.

3. Tell your child's coaches and trainers about any recent concussion. Coaches and trainers should know if your child had a recent concussion in **any** sport. Hockey kids are generally very active and are often participating in many sports. Knowing about the concussion will allow the coaches and trainers to keep your child from activities that could result in second concussion in the post-concussion vulnerable period. A concussion in a school basketball game is still a concussion.

4. Remind your child: It's better to miss one game than the whole season. **“Return-to-Play” can typically take more than a week.** Return to play depends on how your child responds to stressing their nervous system (physically and mentally) after a concussion.

The best case scenario is a 6 day period of return to play with a child “passing” each stage. Return to play can only start **after** a child is symptom free from the concussion—this includes being able to return to school with full function. **If your child feels able to play with contact but is still having trouble in school they cannot enter the return to play plan and must still rest.**

Return-to Play

1. No activity, complete rest (no TV or other screens, school, etc.). Once asymptomatic, proceed to the next level if asymptomatic. If symptoms occur, drop back to a level where there are no symptoms, and try to progress again in a day or more. **Each step takes at least a day—in kids often longer.**
2. Light exercise such as walking or stationary cycling and school.
3. Sport specific activity (skating) without shooting or body contact
4. On ice practice without any body contact.
5. On ice practice with shooting and body contact once cleared to do so by a medical doctor. The time required to progress from full non-contact exercise to contact will vary with the severity of the concussion.
6. Game play.

Resources

Concussion Q and A: <http://www.parachutecanada.org/active-and-safe/item/concussion-questions-and-answers>

For parents and caregivers: http://www.parachutecanada.org/downloads/resources/Parents_Caregivers_Concussion_18Aug2014.pdf