



# VOLLEYBALL CANADA CONCUSSION PROTOCOL

The following measures will be implemented at all Volleyball Canada National Championships:

- Promote the motto: “When in doubt, sit them out”. Athletes who are suspected of sustaining a concussion or head injury must be removed from play.
- Fully trained Athletic Therapists will be on site to conduct all concussion assessments as per the SCAT5.
- All athletes under 18 must be accompanied by an adult during the concussion assessment.
- An athlete who has been removed from play by a tournament Athletic Therapist may not return to play for the remainder of the tournament.

Parents, Coaches, and Competition Staff are recommended to be aware of the following Red Flags and Signs and Symptoms of concussions. If there is concern after an injury, including whether ANY of the following signs are observed or complaints are reported, then the player should be safely and immediately removed from play/game/activity and the on-site Athletic Therapist must be notified.

Red Flags	
Neck Pain or Tenderness	Deteriorating conscious state
Double Vision	Vomiting
Weakness or tingling/burning in arms/legs	Increasingly restless, agitated or combative
Severe or increasing headache	Loss of consciousness
Seizure or convulsion	

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
Appears dazed or stunned	Headache
Is confused about assignment	Nausea
Forgets plays	Balance problems or dizziness
Is unsure of game, score, opponent	Double or fuzzy vision
Moves clumsily	Sensibility to light or noise
Answers questions slowly	Feeling sluggish
Loses consciousness	Feeling foggy or groggy
Shows behaviour or personality changes	Concentration or memory problems
Can't recall events prior to hit	Confusion
Can't recall events after hit	

*This information is provided by the Concussion Recognition Tool #5 from the Concussion in Sport Group 2017.*



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