



The TSA Concussion Protocol was made in collaboration with the Concussion Centre from
Holland Bloorview Kids Rehabilitation Hospital

STEP 1: Identifying a suspected concussion and removal from play

- a) **What is a concussion?** A concussion is an injury to the brain caused by a blow to the head or to another part of the body that causes the brain to move inside the skull. All players who experience any concussion signs and symptoms (*Figures 1 & 2*) following a blow to the head or another part of the body is considered to have a suspected concussion and must stop participation in the TSA club sanctioned activity immediately. A TSA club sanctioned activity is any: i) competing in TSA league or cup matches ii) Ontario Soccer sanctioned competition, iii) or any team coach supervised training.
- b) **A suspected concussion can be identified in three ways:**
- Player self-reported signs and symptoms – Even if only one symptom (*Figure 1 & 2*)
 - Observed signs and symptoms from the team and/or match officials
 - Peer-reported signs and symptoms from players, parents, team officials and/or match officials
- c) **Who is responsible for removal from play?** If a suspected concussion occurs, it is the responsibility of the head coach to remove players with a suspected concussion from participation in the soccer activity immediately. However, all team officials (head coach, assistant coach, trainer, manager, assistant manager, match officials or executive member) hold a responsibility to recognize the signs and symptoms of concussion, and report the suspected concussion to the head coach. If there is doubt whether a concussion has occurred, it is to be assumed that it has and the player is to be removed from play. **If in doubt, sit them out.**

Figure 1: GENERAL CONCUSSION SIGNS & SYMPTOMS (see a medical professional immediately)

Headache	Feeling mentally foggy	Sensitive to light
Nausea	Feeling slowed down	Sensitive to noise
Dizziness	Difficulty concentrating	Irritability
Vomiting	Difficulty remembering	Sadness
Visual problems	Drowsiness	Nervous/anxious
Balance problems	Sleeping more/less than usual	More emotional
Numbness/tingling	Trouble falling asleep	Fatigue

Figure 2: RED FLAG SYMPTOMS (Call 911 immediately to go to nearest emergency department)

Headaches that worsen	Can't recognize people or places
Seizures or convulsion	Increasing confusion or irritability
Repeated vomiting	Weakness/tingling/burning in arms or legs
Loss of consciousness	Persistent or increasing neck pain
Looks very drowsy/can't be awakened	Unusual behavioural change
Slurred speech	Focal neurologic signs (e.g. paralysis, weakness, etc.)



STEP 2: Completion and submission of the *Suspected Concussion Report Form* (Page 5)

- a) **Monitoring the player, and recommend seeing a medical professional:** Head coaches are responsible for monitoring the player with a suspected concussion until a parent/guardian is contacted or on-site. Players with a suspected concussion should not be left alone. Head coaches are also responsible to recommend to the player's parent or guardian that they see a medical professional immediately. A medical professional includes a family physician, pediatrician, emergency room physician, sports-medicine physician, neurologist or nurse practitioner who is not an immediate family member.
- b) **Completion of the *Suspected Concussion Report Form*:** Head coaches are responsible for completing the *Suspected Concussion Report Form* immediately after a concussion is suspected.
- c) **Submission of the *Suspected Concussion Report Form* to club administrator:** If a suspected concussion occurs, the head coach is responsible for completing and reviewing the *Suspected Concussion Report Form*. They must provide one copy of the report to the individual's parents/guardian to bring to their physician appointment and another copy to their club administrator within **24 hours of completing the form.**
- d) **Submission of *Suspected Concussion Report form* to the TSA:** Club administrators are responsible for reviewing the submitted *Suspected Concussion Report Form* from head coaches and providing to the TSA: tsaleagues@torontosoccer.net or FAX: 416-783-5194

STEP 3: Seeing a medical professional, obtaining appropriate diagnosis and documentation

- a) **Seeing a medical professional:** If a player has been deemed to have had a suspected concussion, it is the parent/guardian's responsibility to take the player to a medical professional immediately. Parents must bring the suspected concussion report form completed by the head coach to their medical appointment.

A medical professional includes a Family Physician, Pediatrician, Emergency Room Physician, Sports-medicine Physician, Neurologist or Nurse Practitioner who is not an immediate family member.

***Documentation that does not fit these criteria will not be accepted.**

- b) **Obtaining appropriate diagnosis and documentation:** Written documentation must be obtained from one of the medical professionals listed above **if a concussion has occurred or not.**



STEP 4: Submission of medical documentation of concussion diagnosis

- a) **If a medical professional determines that the player with a suspected concussion did not have a concussion:**
- i. Parent/guardian must take the written documentation from the medical professional (highlighting that the player did not have a concussion), and provide this document to their head coach.
 - ii. It is the responsibility of each parent/guardian to submit all documentation to their head coach before the player is permitted to return to a TSA club sanctioned activity. Parents must send documentation at **least 24 hours before** the next game or practice, not the day of. Head coaches will not allow return until this has been received.
 - iii. Head coaches will send documentation to their club administrator within 24 hours, who will review and send to TSA (contact information below).
 - iv. Parent/guardian should continue to monitor the player for at **least 24-72 hours** after the event, as signs and symptoms may take hours or days to appear.
 - v. Head coaches have the right to refuse a player to return to any TSA club sanctioned activity if they deem the player unfit to do so.
- b) **If a medical professional determines that the player with a suspected concussion does have a concussion:**
- i. Parent/guardian must take the written documentation from the medical professional (highlighting that the player has been diagnosed with a concussion), along with to their head coach.
 - vi. Head coaches will send documentation to their club administrator within 24 hours, who will review and send to TSA (contact information below)
 - ii. The player is to begin Stage 1 of the *Post-Concussion Return to Play Protocol*.

STEP 5: *Post-Concussion Return to Play Protocol* (Page 7-8)

- a) Every player with a concussion must complete each stage of the *Return to Play Protocol*.
- b) Parent/guardian and the player are responsible to ensure that each stage of the *Return to Play Protocol* is followed appropriately and the required signatures are completed at each stage. Players must be able to participate in each stage's activities for a **minimum of 24 hours without experiencing any symptoms during or after the activities BEFORE moving onto the next stage.**
- c) If the player experiences any symptoms during OR after the activities in any stage, the player should stop that activity immediately, rest for 24 hours and return to the previous successful stage before trying those activities again.
- d) Once Stages 1-5 of the *Return to Play Protocol* have been completed, the player must receive medical clearance to proceed to Stage 6: Full Team Practice. A player is not permitted to return to Stage 6 until written permission by a medical professional. A medical professional for medical clearance includes a Family Physician, Pediatrician, Sports-Medicine Physician, Neurologist or Nurse Practitioner who is not an immediate family member. ***Documentation that does not fit these criteria will not be accepted.**

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- e) Once medical clearance for Stage 6 is obtained, the parent/guardian must take the written documentation from the medical professional (highlighting player is safe to return to full team practice) and the *Return to Play Protocol* with all signatures completed to their head coach before the player is permitted to return to a TSA club sanctioned activity. Parents must send medical clearance at least 24 hours before the next practice, not the day of.
- f) Head coaches will send documentation to their club administrator prior to returning the player returning to a full team practice.
- g) Club admin will review and send to TSA (contact information below).
- h) Head coaches have the right to refuse a player to return to any TSA club sanctioned activity if they deem the player unfit to do so.
- i) For more information of concussion management strategies please visit <http://www.torontosoccerassociation.ca/clubsite/?p=17583>

Special Considerations:

This concussion policy aims to ensure that players with a concussion do not participate in TSA club sanctioned activities before medically cleared to do so. The above steps relate most directly to a player who sustains a concussion during a TSA club sanctioned activity and this injury is identified immediately. Not all concussions will be identified immediately and not all concussions will take place during TSA club sanctioned activity. Two alternative scenarios are presented below:

Scenario 1: A suspected concussion from a TSA club sanctioned activity is not identified and/or reported until days or weeks after the soccer activity. **Enter at Step 2.** Immediately upon the concussion being identified and/or reported to team officials, the head coach is to complete the *Suspected Concussion Report Form* and recommend that the player see a medical professional immediately.

Scenario 2: A player is diagnosed with a concussion from a non TSA club sanctioned activity (i.e. school, other sports, non TSA club sanctioned games or training). **Enter at Step 4.** Upon receiving from parent/guardian, the head coach is to submit medical documentation to the TSA offices. As the concussion did not happen at a TSA club sanctioned activity, no *Suspected Concussion Report Form* is needed.

Referring Documents:

1. *Suspected Concussion Report Form* (Page 5)
2. *Concussion Policy Summary* (Page 6) – Summary for parents
3. *Post-Concussion Return to Play Protocol* (Page 7 & 8)

If you have any questions or concerns regarding the TSA Concussion Policy please contact:

TSA Head Office: TEL: 416-783-7575 FAX: 416-783 5194 EMAIL: tsaleagues@torontosoccer.net

TSA Concussion Policy is available at <http://www.torontosoccerassociation.ca/clubsite/?p=17583>

TSA Suspected Concussion Report Form



Player Name: _____ Player DOB: _____

Date & Time of Injury: _____ Club Name: _____

Division: _____ Level: _____ Game/Practice Location: _____ Sex: M F

Position during Injury (please circle): Defense Midfield Forward Goalie

Injury Description: Player to player contact Ball to player contact Fall to ground Other

Reported Symptoms (Check all that apply):

<input type="checkbox"/> Headache	<input type="checkbox"/> Feeling mentally foggy	<input type="checkbox"/> Sensitive to light
<input type="checkbox"/> Nausea	<input type="checkbox"/> Feeling slowed down	<input type="checkbox"/> Sensitive to noise
<input type="checkbox"/> Dizziness	<input type="checkbox"/> Difficulty concentrating	<input type="checkbox"/> Irritability
<input type="checkbox"/> Vomiting	<input type="checkbox"/> Difficulty remembering	<input type="checkbox"/> Sadness
<input type="checkbox"/> Visual problems	<input type="checkbox"/> Drowsiness	<input type="checkbox"/> Nervous/anxious
<input type="checkbox"/> Balance problems	<input type="checkbox"/> Sleeping more/less than usual	<input type="checkbox"/> More emotional
<input type="checkbox"/> Numbness/Tingling	<input type="checkbox"/> Trouble falling asleep	<input type="checkbox"/> Fatigue

Red Flag Symptoms (Check all that apply): Call 911 immediately with a sudden onset of any of these symptoms

<input type="checkbox"/> Headaches that worsen	<input type="checkbox"/> Can't recognize people or places	Was 911 called? <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Seizures or convulsions	<input type="checkbox"/> Increasing confusion or irritability	
<input type="checkbox"/> Repeated vomiting	<input type="checkbox"/> Weakness or numbness in arms/legs	
<input type="checkbox"/> Loss of consciousness	<input type="checkbox"/> Persistent or increasing neck pain	
<input type="checkbox"/> Looks very drowsy/can't be awakened	<input type="checkbox"/> Unusual behavioural change	
<input type="checkbox"/> Slurred speech	<input type="checkbox"/> Focal neurologic signs (e.g. paralysis, weakness, etc.)	

Are there any other observable/reported symptoms? Yes No
If yes, what: _____

Is there evidence of injury to anywhere else on body besides head? Yes No
If yes, where: _____

Has this player had a concussion before? Yes No Don't know Prefer not to answer
If yes, how many: _____

Does this player have any pre-existing medical conditions? Yes No Don't know Prefer not to answer
If yes, please list: _____
Does this player take any medication? Yes No Don't know Prefer not to answer
 If yes, please list: _____

I [name of coach completing this form]: _____ recommended to the player's parent or guardian that the player sees a medical professional immediately. A medical professional includes a family doctor, pediatrician, emergency room doctor, sports-medicine physician, neurologist or nurse practitioner.
Signature _____ Date: _____ Role: _____
Phone Number: _____ Email Address: _____

PLEASE NOTE: This form is to be completed by the head coach in the event of a suspected concussion in any TSA soccer activity. Once complete, give one copy of this report to parent/guardian and the other to your club administrator to send to the TSA head office. Parents must take this form to a medical professional immediately.

TSA Concussion Policy Summary



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STEP 1: A suspected concussion has been identified and player is removed from play
Head coaches hold the final decision to remove players with a suspected concussion

STEP 2: Head coach completes Suspected Concussion Report Form and provides a copy to:

1) Parent/Guardian AND recommend they see a medical professional immediately

2) Their club administrator for review, who will submit to the TSA office

STEP 3: *Seeing a medical professional and obtaining appropriate diagnosis

If player is experiencing any general concussion symptoms:

Physical: Headaches, nausea, dizziness, sensitivity to light and noise

Mental: Fogginess and difficulty thinking, feeling slowed down, difficulty concentrating and remembering

Sleep: Sleeping more or less than usual, difficulty falling asleep and staying asleep

Emotional and Behavioural: Sadness, anger, frustration, nervousness/anxious, irritable

If player is experiencing any 'Red Flag' Symptoms:

- Headaches that worsen
- Seizures
- Repeated vomiting
- Looks very drowsy/can't be awakened
- Unusual behavioural change
- Slurred speech
- Can't recognize people or places
- Increasing confusion or irritability
- Weakness or numbness in arms/legs
- Persistent or increasing neck pain
- Change in stage of consciousness
- Focal neurologic signs (e.g. paralysis, weakness, etc.)

***Medical professional includes** a Family Physician, Pediatrician, Sports-Medicine Physician, Neurologist or Nurse Practitioner who is not an immediate family member.
***Documentation that does not fit this criteria will not be accepted**

Schedule an appointment immediately with a medical professional. *** Go to nearest Emergency Department if 'Red Flag' symptoms appear**

Call 911 immediately to go to nearest Emergency Department

STEP 4: Was a concussion diagnosis received at medical or emergency appointment?

Parent sends medical documentation of diagnosis to head coach, who will to send to club administrator for review

Yes

No

Parent monitors for 24-72 hours in case symptoms appear or worsen

Parent sends medical documentation of no diagnosis to head coach at least 24 hours **BEFORE** returning to play

Head coach sends to club administrator for sending to TSA **with 24 hours**

Return to game play

STEP 5: Enter Stage 1 of Post-Concussion Return to Play Protocol

Acknowledgement: [Parent's Pathway for Child and Youth Concussion for York Region Administration](#)

The TSA Concussion Policy was made in collaboration with the [Concussion Centre](#) from the Holland Bloorview Kids Rehabilitation

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TSA Post-Concussion Return to Play Protocol



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Stage 1: Rest and energy conservation (at least 24 hours) Strategies: hollandbloorview.ca/concussionhandbook

- Rest your brain and body (stop studying, working and playing).
- Conserve your brain and body's energy, it is needed to feel well and allow the brain to heal.

Stage 1: Signature of completion (requires player & parent/guardian signatures)

I confirm that _____ completed Stage 1 for minimum of 24 hours with no symptoms on _____
MM/DD/YY

(Player Signature)

(Parent/Guardian Signature)

Stage 2: Light general exercise (at least 24 hours) - 50% intensity.

- No head impact activities (i.e. no heading, no tackling)
- Begin with a warm up (stretching / flexibility) for 5-10 minutes.
- Start a cardio workout of 15-20 minutes which can include: stationary bicycle, elliptical, treadmill, fast paced walking, light jog, rowing or swimming.

Stage 2: Signature of completion (requires player & parent/guardian signatures)

I confirm that _____ completed Stage 2 for minimum of 24 hours with no symptoms on _____
MM/DD/YY

(Player Signature)

(Parent/Guardian Signature)

Stage 3: General conditioning and soccer specific skill work done individually (at least 24 hours) - 50-60% intensity.

- No head impact activities (i.e. no heading, no tackling)
- Begin with a warm up (stretching/flexibility) for 5-10 minutes.
- Increase intensity and duration of cardio workout to 20-30 minutes.
- Begin soccer specific skills: running drills, static/dynamic foot dribbling with use of cones, individual kicking/passing
- Goalies do not complete in net activities or drills involving diving or receiving shots with a ball

Stage 3: Signature of completion (requires player & parent/guardian signatures)

I confirm that _____ completed Stage 3 for minimum of 24 hours with no symptoms on _____
MM/DD/YY

(Player Signature)

(Parent/Guardian Signature)

Stage 4: General conditioning and soccer specific skill work done with a teammate (at least 24 hours) - 75% intensity.

- No head impact activities (i.e. no heading, no tackling)
- Increase duration of session to 60 minutes. Begin resistance training including neck and core strengthening exercises.
- Begin practicing soccer drills with a partner: dribbling and passing
- Begin reviewing offensive and defensive plays at a slow speed
- Goalies begin in net drills with a coach shooting balls in a controlled manner (i.e. Begin with drills involving diving side-to-side without a ball, progress to ball shots along the ground, medium height, then higher shots to corners)

Stage 4: Signature of completion (requires player, parent/guardian & coach signatures)

I confirm that _____ completed Stage 4 for minimum of 24 hours with no symptoms on _____
MM/DD/YY

(Player Signature)

(Parent/Guardian Signature)

(Coach)

Acknowledgement: [Montreal Children's Hospital "Return To Soccer Following A Concussion"](#),

McCrorry P, et al. Consensus Statement on Concussion in Sport: [the 5th International conference on concussion](#) in sport held in Berlin, Oct 2016. British Journal of Sports Medicine 2017 0:1-10

The TSA RTP Protocol was made in collaboration with the [Concussion Centre](#) from the Holland Bloorview Kids Rehabilitation Hospital

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TSA Post-Concussion Return to Play Protocol



Stage 5: General conditioning, soccer specific skill work and team drills (at least 24 hours) - 75-90% intensity.

- No head impact activities (i.e. no heading, no tackling)
- Resume pre-injury duration of practice and team drills
- Practice team passing and shooting drills, offensive, defensive and counter attack tactical schemes.
- Goalies begin in net drills with a teammate shooting balls in controlled manner (i.e. facing shots from a single ball in play or players shooting one at a time from distance)
- Able to participate in full school activities without experiencing symptoms (i.e. full schedule, assignments, tests)

Stage 5: Signature of completion (requires player, parent/guardian & coach signatures)

I confirm that _____ completed Stage 5 for minimum of 24 hours with no symptoms on _____

MM/DD/YY

(Player Signature)

(Parent/Guardian Signature)

(Coach)

(Physician signature)

Physician signature stamp and credentials

- Family Physician
 - ER Physician
 - Pediatrician
 - Sports Medicine Physician
 - Neurologist
 - Nurse Practitioner

MEDICAL CLEARANCE REQUIRED BEFORE PROCEEDING TO STAGE 6

Stage 6: Full team practice (at least 24 hours after medical clearance)

- CONTACT. SCRIMMAGE. HEADING. TACKLING.
- Review and practice techniques for heading the ball (if applicable to your level of play)
- Participate in a full practice to get yourself back in the lineup. If completed with no symptoms, discuss with the coach about getting back to full game play
- Goalies return to full team practice with hard driven shots, higher intensity drills, and practicing corner kicks

Stage 6: Signature of completion (requires player, parent/guardian & coach signatures)

I confirm that _____ completed Stage 6 for minimum of 24 hours with no symptoms on _____

MM/DD/YY

(Player Signature)

(Parent/Guardian Signature)

(Coach)

Stage 7: Return to competition

- **Players must spend a minimum of 24 hours at each stage, however most individuals should spend longer**
- Required signatures must be completed BEFORE moving to the next stage. If the player experiences any symptoms during OR after the activities in any stage, the player should stop that activity immediately, rest for 24 hours and return to the previous successful stage before trying those activities again
- A medical profession for medical clearance includes a Family Physician, Pediatrician, Sports-Medicine Physician, Neurologist or Nurse Practitioner who is not an immediate family member. ***Documentation that does not fit these criteria will not be accepted.**
- For more resources on concussion management visit www.torontosoccerassociation.ca/clubsite/?p=17583

Parents must send this form to their head coach at least 24 hours prior to the next scheduled full team practice. Head coaches will not allow players to return to full a team practice until medical clearance received from a physician. Once the head coach has received this form, head coaches must send this document to club administrator prior to returning the player returning to full team practice.

Acknowledgement: [Montreal Children's Hospital "Return To Soccer Following A Concussion"](#),

McCrory P, et al. Consensus Statement on Concussion in Sport: [the 5th International conference on concussion](#) in sport held in Berlin, Oct 2016. British Journal of Sports Medicine 2017 0:1-10

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