

# TSA Concussion Policy Summary



**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:**

Parent/Guardian AND recommend they see a medical doctor/nurse practitioner immediately

**TSA Head Office:** FAX: 416-783 5194  
EMAIL: [tsaleagues@torontosoccer.net](mailto:tsaleagues@torontosoccer.net)

**STEP 3: \*Seeing a medical doctor/nurse practitioner for medical assessment**

**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:**

- Change in stage of consciousness
- 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
- Focal neurologic signs (e.g. paralysis, weakness, etc.)

**\*This includes:** 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 doctor/nurse practitioner. \* **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 TSA head office

**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 full game play

Head coach sends to TSA before the returning to full game play

**Return to full game play**

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