



Adult Hockey Concussion Protocol

The Gardens Ice House recognizes that impacts to the head can be associated with serious and potentially life threatening brain injuries. We have adopted the following Concussion Protocol to accurately identify a suspected concussion.

If a player exhibits any of the following symptoms after an injury, 911 should be called for medical assistance:

- neck pain or tenderness
- double vision
- weakness or tingling/burning in arms or legs
- severe or increasing headache
- seizure or convulsion
- loss of consciousness
- deteriorating conscious state
- vomiting
- increasingly restless, agitative or combative

Please remember, if a player is unable to remove themselves from the playing surface:

- Do not attempt to move the player (other than required for airway support) unless trained
- Do not remove a helmet or any other equipment unless trained to do so
- Do not give the player anything to eat or drink

Observable signs and symptoms of a concussion include:

- lying motionless on the playing surface
- slow to get up after a direct or indirect hit to the head
- disorientation or confusion, or an inability to respond appropriately to questions
- blank or vacant look
- balance, gait difficulties, motor incoordination, stumbling, slow labored movements
- headache
- nausea or vomiting
- drowsiness
- dizziness
- blurred vision
- sensitivity to noise & light
- fatigue or low energy

Any athlete with a suspected concussion should be immediately removed from practice or play and should not return to activity until assessed medically, even if the symptoms resolve