

All **CONCUSSIONS** need to be taken **SERIOUSLY...** **KNOW THE FACTS!**

DID YOU KNOW?

- A concussion is a mild brain injury that affects the brain's functions¹
- A concussion occurs **EVERY 4 MINUTES** in Canada!
- There are approximately **6,000** concussions in Saskatchewan each year
- Most concussions occur **WITHOUT** loss of consciousness²
- The appearance of symptoms might be delayed several hours following a concussive episode³
- If you think you have a concussion, **YOU SHOULD NOT RETURN TO PLAY**, and see your health care professional for diagnosis, treatment, and a return to play strategy¹

*When in
DOUBT,
SIT it OUT!*

Take action **BEFORE** a concussion happens

1. Be Aware

Prevention begins with education and awareness⁴

2. Play Safe

Follow the rules of the game and wear the proper equipment

3. Play with Respect

Respect yourself, your teammates and opponents every game

CHECK it Out, **DON'T** Tough it Out!

KNOW THE SYMPTOMS

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

EVERYONE
(athletes, coaches, parents, officials)
should be able to
recognize the
symptoms of a concussion



Concussions can happen to **ANYONE** and **ANYWHERE**

CONCUSSION AND SPORT

A concussion can occur in many different ways⁴:

- A football player involved in a head-to-head collision
- A cheerleader falling during a basket toss
- A skier or snowboarder smashing into a tree
- A skateboarder losing control and falling against a curb

No matter **HOW**
it happens,
the athlete needs to be
REMOVED FROM PLAY

EDUCATE → PREVENT → RECOGNIZE → MANAGE

TAKE BRAIN INJURY OUT OF PLAY

- Player safety begins with **awareness**
- Become part of making sports safer by **“Taking the Pledge”**
- Play safely with **respect** for your own brain and that of your friends, teammates, and opponents
- Visit our **website** for more information about how **YOU** can get involved
- Contact us at 1-888-373-1555

OTHER USEFUL TOOLS

Sport Concussion Assessment Tool (SCAT2)⁵

The SCAT2 is a standardized method of evaluating injured athletes for concussion used by health professionals

Stepwise Return to Play Guidelines⁶

Guidelines to follow when returning to play from a concussion

References□

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4. Brainline. Preventing, treating, and living with traumatic brain injury (TBI): Sports injuries. Retrieved from http://www.brainline.org/landing_pages/categories/sportsinjuries.html
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7. Levine Z. Mild traumatic brain injury. Part 2: Concussion Management. Canadian Family Physician. 2010;56:658-662.

Take
BRAIN INJURY
Out of Play

 Saskatchewan
Brain Injury
Association


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