A concussion is an injury to the brain that cannot be seen on routine x-rays, CT scans or MRIs. Athletes can sustain a concussion without losing consciousness. The appearance of symptoms can be delayed and can occur within 24-48 hours following the incident. Athletes should consult a medical doctor following the injury. They are also required to be cleared by a medical doctor before returning to full training. Recovering from a concussion is a gradual process. Returning to sport too quickly can cause worsening of symptoms and a prolonged recovery period.

Did you know?

If an athlete is reporting or showing ANY of the signs and symptoms related to concussion:

- The athlete should be removed from the practice/competition IMMEDIATELY and not permitted to return until medically assessed
- The athlete must not be left alone; it is important to monitor for deterioration
- If an athlete is unconscious or has significant changes in their mental status, they should be transported immediately to the hospital by ambulance
- If symptoms worsen or the athlete has repeated vomiting, growing confusion, neck pain or is unable to move their neck, seizures or weakness/tingling in their arms or legs, they should be seen immediately by a medical professional as these may be signs of a more serious injury

An athlete should never return-to-play while still symptomatic.

The concussion return-to-play protocol can assist a healthcare professional guide an athlete progressively back to sport.

If symptoms return after an athlete has completed the return-to-play protocol, the provoking activity should be stopped immediately and the athlete should be examined by a medical doctor.

For more info: JUDOCANADA.ORG/concussion-documents

---

PHYSICAL

- Headache
- Dizziness
- Feeling of pressure in your head
- Nausea or Vomiting
- Slowed reaction time
- Balance Problems
- Neck pain
- Sensitivity to light
- Sensitivity to noise
- Blurred/fuzzy or double vision

THINKING & REMEMBERING

- Difficulty remembering
- Difficulty concentrating
- Easily distracted
- Confusion
- Feeling slowed down
- Feeling like you are “in a fog”

SLEEP

- Feeling fatigued or drowsy
- Trouble falling asleep
- Sleeping more or less than usual

MOOD

- More emotional
- Irritable
- Sad
- Nervous/Anxious
- Depressed