

CROATIAN NATIONAL SPORTS CLUB

“CROATIA”

ESTABLISHED 18 JUNE 1962



HRVATSKI NACIONALNI SPORTSKI KLUB

“HRVATSKA”

OSNOVAN 18 LIPNJA 1962

4895 8th CONCESSION, WINDSOR, ONTARIO N0R 1K0
PHONE: 519-966-1423 EMAIL: CNSC.WINDSOR.CROATIA@gmail.com

CONCUSSION AND RETURN TO PLAY

C.N.S.C. follows the guidelines proposed by the concussion in sport group. Return to play guidelines for sport is designed for the safety of the players. As such, a sport concussion is a form of mild traumatic brain injury, which is a complex pathophysiological process affecting the brain function.

Any player that is suspected of receiving a concussion should follow the preceding guidelines:

- If it is suspected that a player has sustained a concussion by either a coach, trainer or parent, the player must immediately be removed from the game and be examined by trained and certified medics. If found to be positive for a concussion then the player must not return to play until a reassessment has determined readiness.
- a “side-line” assessment should be completed by the coach or trainer
- if there has been an episode of unconsciousness assume a neck injury and contact 911 immediately. If the player experiences a significant loss of awareness and orientation take them to the emergency room at the nearest hospital for the required treatment and any follow up by a healthcare professional.
- all players with a suspected concussion should be referred to a physician or nurse practitioner within 24 hours
- Any concussion injury should be followed up with a complete mental and physical rest period of 24-72 hours. Most concussions resolve within 7-10 days, but each player must be evaluated as an individual as each person will respond differently
- the player should feel no pressure from coach, trainer or parent to return before they are ready and medically cleared
- the player should present a letter of clearance from a medical professional and will not be cleared to play until this is produced

